

# Stonnington ENGAGED

CONNECT • EVOLVE • FOCUS



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SPRING 2022



City of  
STONNINGTON

# Reignite your Creativity for Spring

**Spring can reignite our creativity and the Engaged program promises to bring you opportunities to delve in and explore your own creativity and have some fun.**

It's time to breakout with a spring celebration during the Seniors Festival. This year, we are partnering with three neighbouring councils to bring you a free concert full of live entertainment for you to enjoy the music, singing and dancing in the company of locals.

Enjoy the beautiful sounds of the symphony orchestra at our stunning Malvern Town Hall – don't wait too long to snap up one of the limited number of complimentary tickets to this event.

Embrace friendships at our new social lunch meet-ups at a local café. It's the perfect opportunity to enjoy lunch with a great group of people, make new friends and build your social connections after a cold winter indoors.

*“Don't wait for someone to bring you flowers. Plant your own garden and decorate your soul”* MARIO QUINTANA

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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**

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

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.



## Seniors' Festival events

# SENIORS FESTIVAL CONCERT

**St Kilda Town Hall, corner Brighton Rd and Carlisle Street, St Kilda**  
**Thursday 13 October / 1.00 pm arrival for a 1.30pm start to 3pm**

The Victorian Seniors Festival invites you to Bring it Home, an afternoon musical celebration celebrating older people and older artists. Featuring live music, special guests, stories, belly laughs, sing-along, dancing and radio plays.



You can get your toes tapping with the Bring it Home Big Band with musicians Wilbur Wilde, Rebecca Barnard and Alison Ferrier or simply sit back, relax, and enjoy the party atmosphere.

## BRING IT HOME

*This free event is presented in partnership with the City of Bayside, City of Glen Eira, City of Port Phillip and City of Stonnington councils.*



### HOW TO BOOK

- ☎ Call the booking office on **0421 853 266** and quote the code: **STONNINGTON**.
- @ Email: ***bringithomeconcert@gmail.com***

If booking via email you need to provide the following information:

- » The Council ID of where you live – **STONNINGTON**
- » The full name of each person you are booking for
- » Your contact phone number
- » Your email address
- » Is wheelchair access required?
- » Ask about Community Transport if you need the Stonnington bus to take you there.

If you are from an Organisation booking for a group of members, please also provide:

- » The name of the organisation
- » The names of everyone you are booking for.

## Free Public Transport for Victorian Seniors Card holders during the 2022 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 on all Victorian public transport from Sunday 2 October to Sunday 9 October. This includes all metropolitan rail, tram and bus services; all V/Line rail and bus services; and all regional town bus services.

## ENGAGED PROFILE



## MEET U THERE

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

The Engaged team are so thrilled to offer the community the opportunity to join in this fun and inclusive program, where people socialise and share new friendships over a meal.

*“Meet U There is splendid and has linked me socially with others over a pleasant lunch,”* said Darren, a recent Meet U There participant.

The Meet U There program welcomes members of the community aged over 65 years to venture out and meet with others at a local Stonnington café.

With new Cafes locations being added, we'd love to see you join the crew and get socially connected!

### Current lunch locations:

**Tuesdays:** Malvern Central, Level 4, 110–122 Wattletree Rd, Armadale

**Wednesdays:** 11.30am, Fourth Chapter Café, 385 High St, Prahran.  
Receive a 20% discount (debit card, credit card and cash payments accepted).

**Thursdays:** 11.30am, Phoenix Park Café, 22–28 Rob Roy Road, Malvern East.

All venues accept debit card, credit card. Make your own way to the cafe or book a ride on our community transport service.

This program will expand as new cafes come on board so keep in touch for a location near you. For details and bookings call **8290 3337** or email [engaged@stonnington.vic.gov.au](mailto:engaged@stonnington.vic.gov.au)

## Justin Art House Museum (JAHM)

**3 Lumley Crt, Prahran**

Come visit JAHM where you will enjoy a fully guided tour of the Justin Art House Museum's current exhibition ART & GENDER. Tours on Tuesday mornings or Sunday afternoons are followed by delicious refreshments in the private apartment (special rates during Seniors Festival).

**Tuesday 18 October:** Attend a lecture by artists Andrea Eckersley and Zac Koukaravas who will talk about the role of gender in their artistic practice.

Contact Leah on **0403 052 641** or [info@jahm.com.au](mailto:info@jahm.com.au) for bookings

For more information go to [jahm.com.au](http://jahm.com.au)



## Stonnington Symphony Orchestra

### SUNDAY SERIES 3

**Sunday 13 November 2.30pm / Malvern Town Hall, Glenferrie Road, Malvern**

Stonnington Symphony has made a limited number of complimentary tickets available to this superb performance featuring special guest artist Yasmin Rowe (piano) plays Rachmaninov, with guest conductor Joseph Lallo. A wonderful program with Sibelius Spring Song, Nat Bartsch, Hope World Premiere Rachmaninov Rhapsody on a Theme of Paganini, Op.43, Roussel Symphony No. 3 in G Minor.

To receive a complimentary ticket, call **8290 3337** or email [engaged@stonnington.vic.gov.au](mailto:engaged@stonnington.vic.gov.au)

To purchase your own tickets: [stonningtonsymphony.org.au/performances/2022-season-ss3](http://stonningtonsymphony.org.au/performances/2022-season-ss3)

## 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)

## Dickens Fellowship presents An Illustrated Talk by Anita Jawary

**Friday 21 October, 10.30–11.30am / Menzies Lounge, 1306 High Street, Malvern**

In celebration of the Seniors Festival 2022, Menzies Malvern and The Dickens Fellowship of Melbourne present a fascinating talk covering the topics Charles Dickens, Art and

the National Gallery of Victoria. Stay on for a complimentary morning tea afterwards. Limited Spaces. RSVP by 19 October 2022.



To book email [crystall.mousios@lendlease.com](mailto:crystall.mousios@lendlease.com) or call **0447 293 702**

## Firestation Print Studio

**2 Willis Street, Armadale**

### LINO CLUB

- » Saturday 3 September, 1–4pm,  
Friday 16 September, 10am–1pm
- » Saturday 1 October, 1–4pm,  
Friday 14 October, 10am–1pm
- » Saturday 5 November, 1–4pm,  
Friday 18 November, 10am–1pm

Learn from others the basic skills and techniques of lino printing. Bring your ideas, and whatever you would like to work on, and use the presses available at the studio.

Cost \$15 members, non-members  
\$20 per session.

### LIFE DRAWING SESSIONS

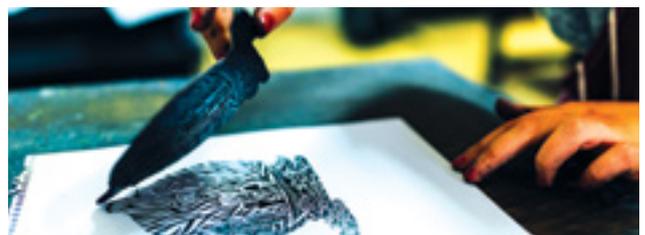
**Every Tuesday, 7–9pm**

Discover and/or develop your drawing skills in this untutored life drawing class, facilitated by Liz Millsom. Bring your materials and we'll supply the easels, boards and models.

Cost \$17 members, non-members  
\$20 per session.

The Firestation Print Studio has some wonderful exhibitions on during Spring including:

- » **# 100 marks by Margaret Marks  
1–7 September**  
This exhibition features 100 collages created over 100 days. They reflect the various facets of the artist's identity along with the varied emotions and surroundings.
- » **Marvellous Melbourne by Judi Korman  
1–7 September**  
An exhibition of creative embroideries by Judi Korman, featuring iconic buildings and places in Melbourne.
- » **Alison Stone Solo Exhibition  
21 September – 8 October**  
Alison Stone exhibits her immersive installation of small, intimate artworks.



For information on classes and bookings, call the studio on **9509 1782**.

## ENGAGED ACTIVITIES

# CELEBRATING SENIORS

## Phoenix Park Neighbourhood House 22 Rob Roy Rd, Malvern East

Celebrate Seniors Festival 2022 (3-7 October) as we host a range of FREE activities specially selected to promote healthy ageing that the whole community can enjoy. Whether you want to learn new skills or simply enjoy connecting with others, come along and be a part of our friendly Neighbourhood House. Get moving with

Zumba Gold and chair-based exercise or join our games room afternoon or Chatty Café for guaranteed fun. Full program details available on our website, to book or register your interest please visit [www.phoenixparknh.org.au](http://www.phoenixparknh.org.au)



PHOENIX PARK  
NEIGHBOURHOOD HOUSE  
MALVERN EAST

## Stitching Connections: Community Art Project

Phoenix Park Neighbourhood House /  
22 Rob Roy Road, Malvern East /  
July to September 10.30am–12.30pm

Join this FREE embroidery and stitching activity, perfect for keen crafters. The project will focus on making a wall quilt to reflect resilience and community spirit. We are seeking ten people to join us on a weekly basis to each work on a panel to form the heart of the project. A great project to connect members of the community and make new friends.

## U3A



### EMERGING ARTISTS

1–3 Valetta Street, Malvern

Stonnington U3A offers two inspiring art classes for seniors, from beginners to experienced artists. Each class aims to support individual creative interests and ensure that each person enjoys their journey into the practice of their own art.

**Every Monday, 2–3.45pm:** explore form, light and shade and composition using pencil, carbon, charcoal, ink, pastels, watercolour and mixed media.

**Every Thursday, 12–2pm:** for sketching, water colour and other media.

For bookings and inquiries email [mail@u3astonnington.org.au](mailto:mail@u3astonnington.org.au), call 9500 1288 or visit [u3astonnington.org.au](http://u3astonnington.org.au) for information about our programs

## Chatty Café: Keeping our Community Connected

Downstairs Kitchen, 22 Rob Roy Rd, Malvern East / Tuesdays 10–11.30am

Everyone is welcome to join us for a friendly chat, cuppa and morning tea.

No cost. For more information, please visit our chatty café page:

[chattycafeaustralia.org.au/venue/phoenix-park-neighbourhood-house/](http://chattycafeaustralia.org.au/venue/phoenix-park-neighbourhood-house/)

# Australian Centre for Glass Design at Melbourne Polytechnic

140–146 High Street, Prahran / Gallery open Wednesday to Saturday, 11am to 4pm

GLAAS Inc is a not-for-profit charitable organisation, which works to support glass artists, students, designers and makers, and provides education, events and collaborative opportunities.

The Centre acts as a hub of information about artistic glass and designed glazing and is a unique destination in Victoria to see beautiful glass on display.

For more information including current workshops and exhibitions visit:

**[glaasinc.com.au](http://glaasinc.com.au)**

All enquiries to  
Donna Kennedy, Director  
on **0407 002 834** or  
**[director@glaasinc.com.au](mailto:director@glaasinc.com.au)**



## The Windsor Senior Citizens' Club Inc.

### SENIORS FESTIVAL 'WELCOME BACK'

Malvern Town Hall, corner High Street and  
Glenferrie Road Malvern (Tram 6, Stop 44)

Tuesday 18 October, 12–4pm

Join us to celebrate the club's 60 years of dancing.  
Afternoon tea provided.

Dress: The 60s. Cost: \$10.

To book contact Sylvia on **0455 523 496**  
or Nilda on **0438 594 929**.

Cheque/Money order to:  
**WSC Club, PO Box 1198**  
**Werribee VIC 3030**

## Ukulele Holiday Workshop

@Grattan Gardens Community Centre,  
40 Grattan Street, Prahran

Do you want to learn a new skill, have fun and  
share the joy of music with your community?  
Learn how to play the ukulele with musician  
and teacher Des Mahoney.

Program and workshop fees vary due to  
concession eligibility.



PCLC is an inclusive and caring community  
centre where you can access support, friendship  
and education.

To find out more, call **9510 7052**,  
visit us at 40 Grattan Street Prahran  
or online at **[pclcentre.org.au](http://pclcentre.org.au)**  
or email **[admin@pclcentre.org.au](mailto:admin@pclcentre.org.au)**

## ENGAGED ACTIVITIES



## Active Adults Program

### HAROLD HOLT SWIM CENTRE

1409–1413 High Street, Malvern

Active Adults is designed for older adults with a focus on low impact movement and low risk activity at an achievable pace. The concession-discounted program will keep you fit and socially connected. Classes, under the supervision of our expert team, include Aqua, Strength, Functional Fitness and more.

For further information, contact the friendly team from the Health Club at Harold Holt Swim Centre on **8290 1678** or email [haroldholthealthclub@stonnington.vic.gov.au](mailto:haroldholthealthclub@stonnington.vic.gov.au)

See the full timetable at [stonnington.vic.gov.au/active/fitness/group-fitness-timetable](http://stonnington.vic.gov.au/active/fitness/group-fitness-timetable) or scan the QR code.



## Walking Basketball

### WAVERLEY BASKETBALL ASSOCIATION

Every Wednesday alternating between Phoenix Park Community Centre, 30 Rob Roy Road, Malvern East and Waverley Basketball Association, corner Batesford Road and Power Avenue, Chadstone.

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

For further information about this free program, contact Trevor from Waverley Basketball Association on **9807 9814** or [trevor.dejong@waverleybasketball.com](mailto:trevor.dejong@waverleybasketball.com) or scan the QR code.



## All About Gardens on Zoom

Thursday 17 November at 2pm

Local resident, Professor John Brownbill will share his knowledge and experience of the home and garden as a factory: food and packaging; garbage, recycling, green waste, hard waste, firewood, mulch, compost, worm farming, weed-wee; products, by-products and their integration.

To book call **8290 1333** or email [engaged@stonnington.vic.gov.au](mailto:engaged@stonnington.vic.gov.au) and we'll send you the Zoom link.

# STONNINGTON LIBRARIES

**Become more confident with technology and brush up on your digital literacy skills and know-how with Get Connected.** This series of free library webinars and in-person workshops aims to increase digital literacy in our community.

Explore the series and book at:  
[stonnington.vic.gov.au/library/digital-learning](http://stonnington.vic.gov.au/library/digital-learning)



**Did you know you can drop into any of our libraries during opening hours for assistance with mobile devices?**

Our friendly team can assist with basic questions and troubleshooting and demonstrate how to use the library's digital collections.

## SUSTAINABLE GARDENING AUSTRALIA

**Thursday 10 November, 6.30pm–8pm,  
Online via Zoom / Bookings open 1 October**

Sustainable Gardening Australia presents a webinar on how to manage garden pests the healthy way and when to consider garden chemicals; and how companion planting can help control garden pests and diseases.

## MEET THE AUTHOR: FIONA MCINTOSH

**Toorak/South Yarra Library, 340 Toorak Road,  
South Yarra / Thursday 6 October,  
10.30am–11.30am**

Meet internationally bestselling author Fiona McIntosh and hear about her new novel, *The Orphans*. Bookings open 1 September.

## SHINE A LIGHT ON THE PAST

**Malvern Library, 1255 High Street, Malvern**

**First Wednesday of each month,  
2pm–3.30pm, spring dates: 7 September,  
5 October, 2 November.**

Join our community of family history enthusiasts to discuss your research project, share stories from your own family tree, exchange tips and explore the many genealogy resources that are on offer. Bookings not required.

**Wednesday 14 September, 5.30pm–6.30pm**

Learn about the traditional owners of the area prior to the European settlement in a talk by Dr Gary Presland. Bookings open 1 August.

**Wednesday 9 November, 5.30pm–6.30pm**

Discover the forgotten history of the remarkable contribution of non-British subjects to Australia in World War II in a talk by social historian and writer June Factor. Bookings open 1 October.

Explore What's on at  
[stonnington.vic.gov.au/library/whats-on](http://stonnington.vic.gov.au/library/whats-on)

### 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**

## ENGAGED COMMUNITIES

# *[untitled]*

## **LITERARY FESTIVAL**

### **OUR READERS, WRITERS & STORIES RETURN IN NOVEMBER**

Stonnington Libraries and the iconic Chapel Off Chapel become a literary haven for great conversation, compelling stories, interactive workshops and new ideas. Save the date to hear from a rich selection of writers, storytellers, artists and thinkers as they gather to discuss books, stories, writing and ideas from 18–20 November 2022.

Visit: [stonnington.vic.gov.au/library/whats-on/literary-festival](https://stonnington.vic.gov.au/library/whats-on/literary-festival) or contact the library (see previous page for phone numbers) for more information.

## Take the Community Bus

**If you have recently stopped driving or find using public transport difficult, you can call us to find out how our services can get you out and about to a range of events and activities across Stonnington.**

The bus can collect you from home and take you to many of your favourite places in 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. We follow the COVID-19 safety plan, ensuring our buses are cleaned in between all rides and face masks are requested to be worn.

For more information call **8290 3349**.

We provide regular transport to and from:

- » Prahran Market
- » Chadstone Shopping Centre
- » Malvern Central
- » Malvern Library
- » Grattan Gardens Community Centre
- » Chris Gahan Community Centre.
- » Phoenix Park Community Centre and Library



**We strongly encourage that you are fully vaccinated before attending our services. If you are a close contact of a person who has COVID-19, please wear a face mask when attending our programs.**

## RELAX, ENGAGE, CONNECT AND CREATE

View our programs below and check out the calendar on the back page for when they are on.



<b>Exploring portraiture</b>	12-week course learning how to see each other and ourselves through mindfulness and portraiture using a variety of art mediums.
<b>Move it to Music</b>	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.
<b>Walk and Talk Buddies</b>	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. Call us for the location and details of the outings.
<b>Fit Club</b>	An exercise class designed to enhance physical fitness including strength, mobility, balance and cardiovascular fitness, suitable for active people.
<b>Melody Makers</b>	Learn to train your eyes, ears and voices and sing a variety of both classical and contemporary songs in this 12-week program. Face-to-face classes at Chris Gahan Centre, 50 Grattan St, Prahran.
<b>Tai Chi</b>	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.
<b>Community Singing</b>	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. Face-to-face classes at Chris Gahan Centre, 50 Grattan St, Prahran.
<b>Freestyle Creatives</b>	Bring along your own project, whether it be knitting, crochet, scrapbooking, anything creative. Ensure it's something you can pack up and take home at the end of the meet up and bring back the following week.
<b>Yoga in Prahran</b>	This free yoga class will encourage you to feel your body and breath and focus your mind. Perfect for beginners. At Prahran RSL until end of September and then at Victoria Gardens from October. Sessions do not run during school holidays.
<b>Tjanabi Friendly meet-up</b>	Join us in a welcoming environment at Grattan Gardens Community Centre for music concerts, games, conversation, quizzes and a complimentary hot drink.
<b>Healthy mind and body</b>	Each session incorporates laughter and cheer, a body workout, and a wind down with relaxation and mindfulness. Join us in person on the first Thursday of the month and stream the classes online with Zoom every other Thursday.

*Please note: that outdoor activities will be cancelled in wet weather or cancelled if directed to do so by DHHS public health directives.*

## SPRING PROGRAM (SEPTEMBER TO NOVEMBER 2022)

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

*Our advertised events may be altered to reflect the changing environment.  
Please refer to page 4 for Meet U There details.*

**For further information on regular Engaged activities or to book your place,  
And ask about our please call the team on 8290 1333.**

Visit Engaged Program and Events for more details and how to book: [stonnington.vic.gov.au/events](https://stonnington.vic.gov.au/events)  
*Ask about using the community transport service to get there.*