

# Stonnington **ENGAGED**

CONNECT • EVOLVE • FOCUS



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# Embrace your community in Summer

**The summer edition of *Engaged* embraces the positive influences that a diverse and inclusive community can offer.**

Opportunities abound as we showcase outdoor events utilising the fabulous gardens and parks throughout Stonnington. With plenty of fun ways to meet new people, catch up with old friends and maybe try out a new sport or get back to one that you already enjoy. This may be the time to burst out and join the LGBTIQ+ social group, Chatty Cafe.

Don't forget our wonderful aquatic centres at the Harold Holt and the Prahran Pool – enjoy the exercise classes or learn to swim, For the older water babies, check out the Malvern Marlins Swimming Club.

Read about the wonderful Sport4All program. Stonnington is proud to be supporting the Sport4All initiative in partnership with Dylan Alcott's – Get Skilled Access.

Join our events from 1 to 8 December as we celebrate International Day of People with Disability (IDoPWD) with a week-long program of accessible and inclusive events.

Enjoy a unique experience and celebrate a joyous occasion together at Prahran Square, or Central Gardens Malvern from 13 December.

Prahran Square will host the 'Sights and Sounds of Christmas' – a vibrant installation of lights, colours and sounds over twelve nights.

Central Park will feature a series of neon characters on display for ten days of 'Summer Lights and Christmas Brights'. Venture through the gardens to discover these fun and playful installations, illuminating nightly.

Enjoy marvelous Melbourne and get planning for a positive and inclusive summer.



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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.

## ENGAGED COMMUNITIES

# BLIND SPORTS AND RECREATION VICTORIA



**Blind Sports and Recreation Victoria (BSRV) enhances the lives of people who are blind or vision impaired via sport and recreation throughout Victoria. Supporting more than 1,200 members, they encourage people with no or low vision of all ages and backgrounds to lead more healthy and active lifestyles.**

As a small not-for-profit organisation, there is a personal, flexible and inclusive approach, ensuring that all individual needs are met. BSRV offer diverse sport and recreation programs for adults and seniors, with choice and a tailored experience across all life stages. The social nature of the programs help people of all abilities – from beginners through to more

experienced and elite athletes – to improve their physical health, while also strengthening their social connections.

Programs are for all members of the community – and they support all people, regardless of their ability, religion, age, gender, cultural background, sexual orientation or economic circumstances.

Volunteers are the life blood of the organisation and they are always on the lookout for new volunteers. If you would like to contribute your time and skills to BSRV, please see the contact details below.

Get in touch:

Call **9822 8876**

or email [info@blindsports.org.au](mailto:info@blindsports.org.au)

Visit our website: [blindsports.org.au](http://blindsports.org.au)

## Online fitness with BSRV

***Monday, Tuesday, Wednesday, Thursday and Friday at 9.30am***

BSRV offers a range of free online fitness sessions for blind and vision impaired people to get fit at home. All fitness levels are welcome, no equipment is necessary, and anyone who is blind or has low vision around Australia can join in.

***Monday, Tuesday and Friday:***

YouTube Walking session coordinated by Robyn or Miriam

***Wednesday:***

Energy Balance Class coordinated by Jenny

***Thursday:***

Fitness Training Class coordinated by Lauren

- > Visit the BSRV website to learn more about each class.
- > Contact BSRV for the Zoom link to join. You can dial in over the phone or use a computer.
- > Call **9822 8876** or email Jenny Dodd at [jenny@blindsports.org.au](mailto:jenny@blindsports.org.au)

## ENGAGED PROFILE



# SPORT4ALL

**Sport4All aims to support clubs and schools in becoming more confident and capable in welcoming people with a disability to participate in sport across a range of skills, abilities and ages – whether as players, coaches, umpires, volunteers, or spectators.**

City of Stonnington Access & Inclusion Officer, Jeremy O'Sullivan will be working with local sporting clubs and schools to help them establish

a welcoming environment based on the social model of disability of removing the barriers that restrict choices for people with a disability.

If you are looking at joining a program that is conscious of inclusion and welcoming everyone, maybe reach out to one of these clubs and see what opportunities they may have available for you.

For more information contact Jeremy on **8290 1483**

## MALVERN MARLINS MASTERS SWIMMING CLUB

Malvern Marlins are always looking for new members who are interested in improving their swimming fitness and skill and welcome new participants to come and try.

Malvern Marlins swim at the Harold Holt Pool in Malvern and the club caters to a wide range of swimmers, in both age and ability. Sessions are typically over 2km each and you need to be able to swim more than 200m freestyle continuously and at least three of the four competitive strokes. Stroke correction and coaching in swimming technique and regular attendance at training sessions will increase your fitness level, however individual coaching is not the aim.

Connect with the New Members Officer by emailing [new-members@marlins.org.au](mailto:new-members@marlins.org.au) Or call **0404 018 194** or visit their website: [malvernmarlins.org.au](http://malvernmarlins.org.au)

## Melbourne H20 Swimming Club

*Swim to live,  
Live to Swim.*

Melbourne H20 (MH20) is a not-for-profit Swim Club, whose members' age ranges from 18 to the late 80s. This organisation provides a great way to be active and get fit, while enjoying the social benefit of swimming. MH20 can provide quality coaching and training that's fun, social and inclusive. They offer a variety of coaches and squads for all levels of swimming including a free trial session to get you started.

If you are interested in improving your swimming and you would like to join, please contact Luke Stephens on **0407543519** or email [mh2oswimclub@gmail.com](mailto:mh2oswimclub@gmail.com)



## 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)

### Tjanabi

*Friendly meet-up*

Grattan Gardens Community Centre, Prahran

**Thursdays 1.30 – 3pm**

Join us for a regular Thursday afternoon catch up with old friends and new. There is conversation, dancing, music and more. Register your name on the day at the door. For enquiries call **8290 1333** or email [engaged@stonnington.vic.gov.au](mailto:engaged@stonnington.vic.gov.au).

*If restrictions prevent us from meeting face-to-face, Tjanabi meet up will be cancelled.*



### Groovin' & Movin'

*Dance Class – Latin flavour at Tjanabi*

Grattan Gardens Community Centre, Prahran

**Thursdays 2 – 3pm**

Step it up this summer with some basic Latin dancing for fun. During our gathering at Tjanabi, join us for a free one-hour dance session. These classes will be conducted outdoors if weather permits or indoors in inclement weather.

*If restrictions prevent us from meeting face-to-face, this class will be available on Zoom.*

### Craft at Home

*Contribute to something worthwhile from the comfort of your home.*

**Every Wednesday**

This wonderfully creative community knits from home while keeping connected. With several charities in our sight, we knit toys for Very Special Kids, knit or crochet baby matinee jackets, scarves and beanies for Kogo (a volunteer run charity spreading warmth to the vulnerable and disadvantaged in the community). Our facilitators Connie and Danielle will call you weekly to chat about your progress and we can even drop off materials to you and pick up the finished items to send off to the charities.

## Freestyle Creatives

Phoenix Park Community Centre  
22 Rob Roy Road, Malvern East

*Wednesdays at 10.30am*

Join our weekly meet up group where our facilitator will give you a warm welcome. Bring along your own creative project (whether it be knitting, crochet, scrapbooking) and enjoy doing it in the company of others. Ensure it's something you can pack up and take home at the end of the meet up and bring back the following week. There are no classes or instructors, just a group of creative people who want to socialise and stay connected, while they do their craft.

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

*If restrictions prevent us from meeting face-to-face, we will catch up over the phone.*



## Community Lunches

Chris Gahan Centre  
50 Grattan Street, Prahran

*Monday to Friday at 12pm*

Phoenix Park Community Centre  
22 Rob Roy Road, East Malvern

*Wednesdays and Thursdays at 12pm*

We welcome you to a friendly place where lunch is even more enjoyable when dining with friends. Arrive just before we serve and enjoy the delicious three-course meal for \$9.45.

Contactless payment only.

Bookings Essential.

*If restrictions prevent us from meeting face-to-face, this meals program will be closed.*

## Summer Tai Chi at Prahran Square

Prahran Square,

*Tuesdays at 9am*

*Fridays at 9am on Zoom*

Tai Chi is known for being one of the best exercises to help with falls' prevention and self-improvement. Meet us in the morning sunshine on Tuesdays at Prahran Square or Fridays on Zoom for gentle exercises that increase mobility, suppleness and mental alertness. Whether you're experienced or new, these free classes are suitable for people of all levels and are led by an instructor from Tai Chi Australia.

*In the event of inclement weather or restrictions, which mean we can't meet face-to-face, the class will be available on Zoom.*

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

## ENGAGED ACTIVITIES

## Yoga at Victoria Gardens

Victoria Gardens, High Street  
Prahran

*Thursday and Friday at 9.30am*

This free 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**.



## Melody Makers

Chris Gahan Centre  
50 Grattan Street, Prahran

*Mondays at 1.30pm*

Melody Makers music program is for those who love singing and want to keep training their voices with professional instruction in a relaxed group environment. The 12-week program focuses on vocal training with scales, technical exercises and aural training warm ups. We train our eyes, ears and voices and sing a variety of both classical and contemporary songs.

*We'll meet face-to-face as restrictions permit and this class will also be available on Zoom.*

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

## Community Singing

*Bring your appreciation of music and be prepared to discover the wide world of music.*

Chris Gahan Centre  
50 Grattan Street, Prahran

*Tuesdays at 1.30pm*

Tuesday Community Singers is a class for those who love singing and going on a guided musical adventure each week.

We start with gentle vocal warm ups and fun group action songs. A new song theme is introduced each week, with the emphasis on fun and merry music making. All adult ages welcome, at any level.

*We'll meet face-to-face as restrictions permit and this class will also be available on Zoom.*



## Mindful Art for Wellbeing

*Create art, while taking in the lovely surrounds of the park.*

Chris Gahan Centre  
50 Grattan Street, Prahran

***Mondays at 9.30 – 11.30am***

In this series of free summer workshops, we will meet in Grattan Gardens to explore mindful aesthetics and function in art using reflective and experimental techniques. You will create a unique and personal vessel/container using methods such as papier-mâché, writing, and collage. We will supply a table and chair for each participant. You can bring your own art materials, or we can supply them at your request.

**Bookings essential.** *As restrictions permit, we will meet face-to-face, or the class will be available on Zoom.*



## Fit Club

***Mondays at 10.30am on Zoom***

Chris Gahan Centre  
50 Grattan Street, Prahran

***Wednesdays at 10.30am***

A popular exercise class for active people of all fitness levels. Book in and join us in person at the Chris Gahan centre on Wednesdays, or stream the class live into our own living room via Zoom on Mondays. Bookings essential.

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

## Healthy Mind & Body classes

Chris Gahan Centre  
50 Grattan Street, Prahran

***Thursdays, 2 – 3.30pm***

Summer has us exploring the themes of peace, harmony, voluntary happiness and self-realisation. 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.

*During restrictions where we can't meet face-to-face, the class will be available on Zoom.*

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

## ENGAGED ACTIVITIES

### All About Gardens on Zoom

*Thursday 9 December and  
10 February at 2pm*

*Join us for a wonderful summer program of meet ups on Zoom.*

**9 Dec** – Join us online with our special guest presenter John Varigos from the Orchid Society of Victoria.

**10 Feb** – Alice Trumble, Council's Waste Ed Officer, will present on the use of green waste/ FOGO in public parks and green space.

For bookings call 8290 1333 or email [engaged@stonnington.vic.gov.au](mailto:engaged@stonnington.vic.gov.au) and we will send you the Zoom link.

### Summer Walk & Talk Buddies

*Every Monday and Wednesday at  
2pm until end of December 2021*

*Every Monday and Wednesday at  
10am from January to February 2022*

Let's enjoy summer walks together and 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 essential.

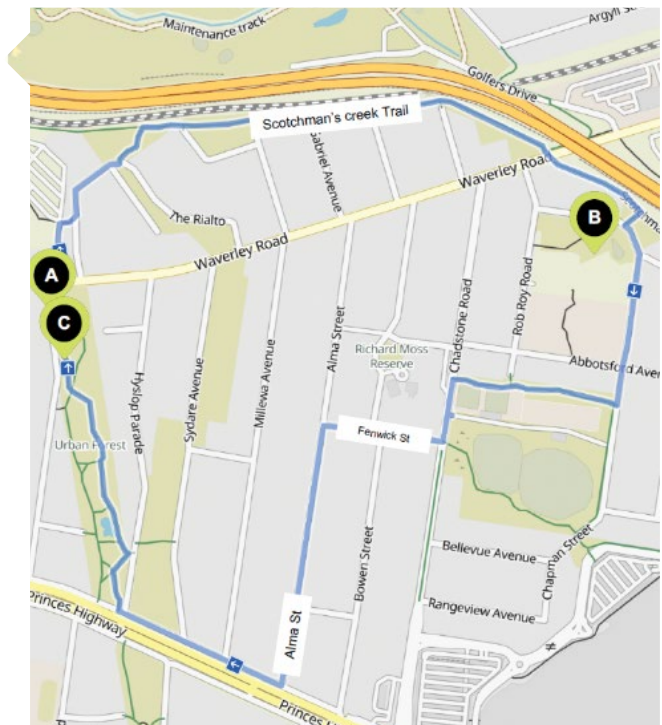
For bookings call 8290 1333 or email [engaged@stonnington.vic.gov.au](mailto:engaged@stonnington.vic.gov.au)

### Walk the Yarra

*Exercise doesn't have to be boring.  
Why not learn about your surroundings  
along the way?*

You'll discover 'Life of the Yarra' audio listening stations where you can stop and enjoy the information or listen as you go – you can download the tracks onto your device or listen to it straight from the website, see two pieces of public art and learn Stonnington's Indigenous history from the First Nations History Markers.

Check out the great walks on our website at [stonnington.vic.gov.au/whats-on/explore-our-parks-trails-and-heritage/walk-the-yarra](http://stonnington.vic.gov.au/whats-on/explore-our-parks-trails-and-heritage/walk-the-yarra) and keep yourself active as you explore Stonnington.





## Walks to explore Stonnington's Indigenous past

**Eleven Indigenous history markers are located within the City of Stonnington, linking us today to the traditional owners of the area. There are history markers in Kooyong, Prahran, South Yarra and Windsor.**

The Yarra River is central to our indigenous heritage with four of the markers situated along the Yarra Trail. The markers tell the story of local clans and their lifestyle, significant people, key locations, important events, and images depicting historic sites.

Learn more about the important Indigenous sites or download the Indigenous History Markers Guide from our website [stonnington.vic.gov.au/whats-on/explore-our-parks-trails-and-heritage](https://stonnington.vic.gov.au/whats-on/explore-our-parks-trails-and-heritage) for a brief history and map of the marker locations.

*Please note the document may contain images of deceased persons.*

Our Engaged program will take a break, with our last program on **Friday 24 December 2021** and most classes returning **Tuesday 4 January 2022**. With the exception of our Move it, Fit Club and singing classes which will return on Monday 10 January 2022.

## ENGAGED COMMUNITIES



## *OUT & ABOUT: CONNECTING LGBTI OLDER PEOPLE*

**Out & About aims to reduce social isolation in older LGBTI people through volunteer-led befriending and community connections.**

Out & About is a peer service, creating intergenerational LGBTI friendships across Victoria. This service is person-centered and aimed at people accessing aged care services and supports people with disability and/or chronic illness (including dementia). Self or third-party referrals are welcome.

How does the service work? Out & About matches older people wanting to increase social connections with a volunteer community visitor, based on shared hobbies and interests. The pair then catch up at least once a fortnight for coffee, watching a film, having a chat, going to community events or any other enjoyable social activity. Volunteers are friendly, reliable, and screened before matching.

Discover more information, eligibility criteria and volunteer opportunities at [switchboard.org.au/out-about](https://switchboard.org.au/out-about)

Contact Ada Castle – Out & About Program Manager on **0466 218 921 / 9663 2474** or email [outandabout@switchboard.org.au](mailto:outandabout@switchboard.org.au).

You can also check out the website at [switchboard.org.au/out-about](https://switchboard.org.au/out-about)

## Coffee, Cake & Conversation

Hampton Community Centre  
14 Willis Street Hampton

*Friday 28 January and 25 February,  
10.30am – 12pm*

This monthly LGBTQIA+ catch up is all welcoming and all-inclusive. Join in for coffee, cake and conversation with the regulars and make some new friendships.

For bookings call 0492 800 592 or check out [baysidecommunitycentres.org.au/lgbqtia](http://baysidecommunitycentres.org.au/lgbqtia)



## Melbourne Frontrunners

**Melbourne Frontrunners is an inclusive running and walking club, open to anyone regardless of ability, age, sexual orientation or gender identity. They are part of the International Frontrunners, a network of like-minded LGBTIQ+ running and walking clubs across the globe.**

There are 150 plus members, ranging from walkers and recreational joggers to marathon runners and competitive athletes, and everyone in between. Regardless of your fitness level, pace, or preferred distance, you will find members to walk, run and train with all year round.

The club offers four weekly runs in some of Melbourne's most iconic running locations:

- > The Tan (Wednesday and Saturdays)
- > Albert Park (Sundays), and
- > Princes Park (Sundays).

The club also has four Athletics Victoria accredited coaches who offer regular coaching sessions.

For information on where and when to meet, email [info@melbournefrontrunners.com.au](mailto:info@melbournefrontrunners.com.au)

**Our advertised events may be altered to reflect the changing environment.**

The events published in Stonnington *Engaged* will be available to registered and fully vaccinated attendees only. Attendees must show proof of vaccination.

### HOW TO SHOW PROOF OF VACCINATION

-  Visit [coronavirus.vic.gov.au/get-your-covid-19-digital-certificate](https://coronavirus.vic.gov.au/get-your-covid-19-digital-certificate)
-  Request a printed Immunisation History Statement by calling Services Australia **1800 653 809**
-  Print a COVID-19 digital certificate at home through the **MyGov portal**

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

## ENGAGED COMMUNITIES



# STONNINGTON LIBRARIES

**Our libraries offer spaces to read, learn, connect, create and relax in.**

As a library member, you can access services and collections from all our four libraries, History Centre and Home Library Service. Join at any of the four libraries or online at [stonnington.vic.gov.au/library](http://stonnington.vic.gov.au/library).

To join, you'll need proof of your name and current Victorian address.

## LIBRARY COLLECTIONS

**Whether it's for fun, recreation or to learn something new, we have an extensive range of print, physical and digital collections:**

- > Fiction, non-fiction, biography, local and family history, movies, music, magazines and newspapers
- > Books in print, large print and audio formats, CDs and DVDs
- > Collections in Chinese, French, Greek, Italian and Russian
- > An extensive eLibrary including eBooks, eAudiobooks, streaming services and eLearning.

There's something for all interests.

Drop into the libraries or visit [stonnington.vic.gov.au/library](http://stonnington.vic.gov.au/library) and view our catalogue to see what you can find.



## WHAT'S ON

**Explore what's on at your local library. We present a range of creative, history, learning and reading programs with a focus on the following streams:**

- > Writers, readers and stories
- > Community and lifestyle
- > Digital learning
- > History
- > Hobbies and discussion.

For more information and to book, visit [stonnington.vic.gov.au/library](http://stonnington.vic.gov.au/library) or call your local Stonnington library.

Sign up to the library newsletter to receive updates about upcoming programs and events.

## HOME LIBRARY SERVICE

**We deliver items to community members who are unable to visit our libraries.**

If you or someone you know can't visit our libraries (due to age, disability, illness or injury) and would like to access our home library service, contact us at [homelibrary@stonnington.vic.gov.au](mailto:homelibrary@stonnington.vic.gov.au) or 8290 8011.

### CONTACT 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 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](http://stonnington.vic.gov.au/community/find-a-community-group)

### STONNINGTON COMMUNITY GROUPS LEADERS' NETWORK

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 Committee champions the lived experience and expertise of Stonnington's LGBTIQA+ community. Members are all passionate LGBTIQA+ identifying people and allies. Their purpose is to represent the community by informing the development of Council policies like the LGBTIQA+ action plan. For information visit: [tinyurl.com/aku8smud](http://tinyurl.com/aku8smud)

### 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.

### 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](http://stonnington.vic.gov.au/subscribe)

Alternatively, 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.



**JoCare** aims to alleviate loneliness and isolation especially with older and vulnerable people in the Stonnington neighborhood. To achieve this, JoCare recruits and trains volunteers who are then matched up with a suitable resident to provide them with friendship, support and connection on a regular basis.

The service is available to people living independently at home within and around the Stonnington area.

> Contact Kerri Anne Brussen on 9401 6392 or email [jocare@stjosephsmalvern.org.au](mailto:jocare@stjosephsmalvern.org.au)

## ENGAGED



# *Stonnington presents Christmas*

## A time to celebrate joyous experiences together



Over twelve nights, Prahran Square will host the 'Sights and Sounds of Christmas' – a vibrant installation where lights, colours and sounds will illuminate the iconic Prahran Square and stunning Christmas tree.

Music features heavily throughout the program, with fun and family-friendly opportunities to listen to live jazz and Christmas favourites at our Christmas Bandwagon. See a pop-up artist play the Christmas piano or take part in a silent disco of Christmas beats.

Central Park will feature a series of neon characters on display for ten days of 'Summer Lights and Christmas Brights'. Venture through the gardens with your family and friends to discover these fun and playful installations.

So, come have a unique experience and celebrate a joyous occasion together at Prahran Square or Central Gardens Malvern from 13 December.

All experiences will be delivered following the Victorian Government's COVID-Safe guidelines.

### 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**

 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 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.