

Stonnington ENGAGED

CONNECT • EVOLVE • FOCUS



→ **SCOTTISH
COUNTRY
DANCING**

Try something different

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→ **WALKING
BASKETBALL**

Low impact, all
abilities sport

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→ **QUEER
CREW
MORNING TEA**

A safe space for carers

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It's time to 'Give it a Go'

Step out and explore the myriad of opportunities in your community to connect, learn and grow. Winter often appears to be a time when we shut ourselves away and focus on indoor living, but we're here to offer you some wonderful opportunities and events that will keep you engaged and active.

Dancing is a perfect way for warming up during the colder months, and for those of you who want to give something new a go, why not try your hand at Table Tennis, Mahjong or join a community knitting group. There are local walks where you can rug up and meet new buddies, and opportunities to learn and continue to develop your confidence with technology. Staying connected with your community is valuable and we're here to keep you connected with vibrant and enjoyable ideas.

"Laughter is the sun that drives winter from the human face."

VICTOR HUGO

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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.

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 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.

Active Stonnington



NAIDOC Week Event

ABORIGINAL HERITAGE WALK

Royal Botanic Gardens Victoria / Monday, 4 July at 2pm

Journey into the Royal Botanic Gardens Melbourne, a significant cultural site for the local Kulin Nation, with a First Peoples guide on this tour. Gain insight into the rich history and thriving culture of the First Peoples of Australia through a journey of identifying significant native plants within the gardens.

Learn about Aboriginal plant uses, customs and ongoing connection to Country. This guided tour is accessible for all and although the walk has been customised to suit our group, you will be required to keep up with the group as we tour through the Gardens.

Cost \$25 per person.

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

The Melbourne Dickens Fellowship

The Faichney Room at Toorak Uniting Church, 603 Toorak Rd, Toorak beginning at 7.45pm

We welcome visitors to come along and join us for the program during June, July and August:

Wednesday 15 June: Peter Spriggins will speak on Charles Dickens, Victor Hugo and the Sea.

Wednesday 20 July: Frances Hutson will present: The President's Night: Gilbert and Dickens (with apologies to Sullivan)

Wednesday 17 August: Terry Hayes will speak on: It's great Television, but is it Bleak House?

If you have any questions or are interested in becoming a member, please email info@dickens.asn.au



Stonnington Scottish Country Dancing

St James' Church Hall, corner Burke Road and High Street, Glen Iris / Mondays 10am – 12pm and Wednesdays 8 – 10pm

If you lead an active life and you're looking for something that is a little different and great fun, join the Stonnington Scottish Country Dancers Inc.

Scottish country dancing will stimulate your mind, provide good physical exercise and give you a sense of great fun in a social setting. You don't need to bring a partner. All you need is a pair of lightweight, flat-soled shoes.

Cost \$30 per year membership plus \$6 per night.

Contact Patsy on **9571 2083** to book your attendance.

WALKING BASKETBALL

From stationary dribbling skills to one-on-one passes, coach Shane leads a group of adults through their paces for Walking Basketball.

The mood in the stadium is light and fun as the participants go through their practice.



The program runs for approximately 60 minutes, beginning with warm up exercises before practising ball handling and dribbling skills, walking passes and goal scoring techniques.

Participants then enjoy a brief game (5–10 minutes) where they get to try out their skills and sharp shooting style on each other.

Whether you played years ago and want to get back into it, or if you have never touched a ball and you'd like to try something new, Walking Basketball is the perfect social sport to get you moving.

Participants Maureen, Jenny and Dot all agree they love the social aspect of getting together and playing at a non-competitive level.

Afterwards, participants enjoy morning tea where they relax and talk after their morning exercise.

The most important part is having fun, meeting new or old friends.

Walking Basketball is hosted by Waverley Basketball Association in collaboration with the City of Stonnington.

For more information and details on how you can access this program please email Jeremy O'Sullivan: josullivan@stonnington.vic.gov.au

Join us
Join in

Try Blind Golf

Blind Golf Australia provides opportunities to those with vision loss to either continue or to start playing golf. With rule modifications and partnering with a caddie, anyone can experience the joy of a great drive, chip or putt. Games and tournaments across courses in Melbourne.

 **BLIND SPORTS**
& Recreation Victoria

Blind Sports and recreation Victoria (BSRV) enhances the lives of people who are blind or vision impaired via sports and recreation throughout Victoria.

Contact Blind Golf's President Doug Sloan by phone on **0418 344 243** and more details on their website: blindsports.org.au/sports/golf

ENGAGED ACTIVITIES

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



Mugs in the Morning

Alfred Health Carer Services / Wednesdays every fortnight, 11 am–12pm online

Mugs in the Morning is a great place to chat, reduce loneliness and build friendships, all from the comfort of your own home.

Sessions will be held fortnightly but you don't have to attend every session. However, these groups work best when you can attend regularly so that you can build connections.

For more information call **9076 6644**.

Hawksburn Community Coffee Morning

St Martins Church, 27 Cromwell Road (corner of Wilson Street) / Last Wednesday of each month at 11 am

A free morning coffee will be held in the grounds of St Martin's Church. This community event is open to everyone. Come by yourself or with friends for a cuppa and a bikkie; well-behaved dogs are also welcome. The alfresco setting has tables, chairs and a gazebo (in case it is too wet or too hot). No bookings required, just drop in.

Contact
office@stmartinshawksburn.org.au

Queer Crew

Alfred Health Carer Services / Last Friday of the month, 11 am–12pm online

Carers in the queer community have unique challenges and can benefit from connections with other queer carers. The Queer Crew will be a safe space for carers who identify as LGBTIQ+.

Make new friends, talk, learn, share, collaborate and connect with other LGBTIQ+ carers.

The group meets monthly for informal chat sessions on the last Friday of the month and there will also be outings to the movies, cooking, craft and other events to get together.

For more information and to register call **9076 6644**.

ENGAGED ACTIVITIES

WINTER SEMESTER PROGRAMS

Discover a welcoming and safe place that actively fosters inclusive participation in living and learning.

Learn how to write your own memoir in a two-week course with instructor AJ Collins who will guide you through the basics of memoir writing from start to finish.

Phoenix Park Neighbourhood House offers accessible and affordable courses,

programs and services designed to enrich the lives of all in the community, regardless of age, ability or background. They offer health and fitness programs and creative activities. *Try your first activity FREE.*

Learn Mahjong @ Phoenix Park Neighbourhood House

Take the opportunity to join a friendly, fun group of experienced players to play Western Mahjong. If you've never played and would like to learn, they offer a beginner's four-week course throughout the terms.

To register your interest, call **9530 4397** to speak with their friendly staff or email manager@phoenixparknh.org.au

Visit the website at phoenixparknh.org.au for the full program.

Winter at U3A Stonnington

1–3 Valetta Street, Malvern / Semester 2, 2022 starts 25 July 2022

Take your pick from one-off presentations, life-style activities and semester-long courses on topics ranging from history, science, current affairs and news, health and wellbeing, film and book discussions, literature and poetry, languages, art and craft, walks, Tai Chi, languages and board games, including Mahjong.

Courses are delivered face-to-face at the premises, by Zoom, or in a hybrid model combining Zoom and face-to-face.



STONNINGTON
UNIVERSITY OF THE THIRD AGE

For enquiries, call **9500 1288**

Monday to Friday from 10am–1pm, visit the website u3astonnington.org.au

Neighbours learning together



**St Joseph's Parish Malvern,
47 Stanhope Street, Malvern /
Wednesday mornings starting 1st June**

Jo Care is offering free Tablet use with internet capabilities available for loan over three months including a four-week training program. The program will run on consecutive Wednesday mornings and will cover the basics from start up, getting familiar with a tablet, learning emails, searching the internet or maybe catching up on that TV show you missed. The Tuesday morning drop-in sessions will run from 9.30am.

For information and bookings, visit jocare.org.au or call **0468 732 999** or **9410 6392**.



Malvern Mens Probus Club

163 Wattletree Road, Malvern

A club for retired professionals and business persons offering regular opportunities to keep minds active, expand interests and enjoy the fellowship of new friends.

Meet the regulars at the monthly lunch meeting on the first Tuesday of each month and hear new guest speakers on the fourth Tuesday of each month. Join in for the friendly Friday morning coffee meet ups at Giorgios (corner of High St and Glenferrie Rd, Malvern) and check out the various social opportunities offered.

For more information call Membership Officer Don Jones on **0411 744 542**.
Website: probussouthpacific.org/pcmalvern

East Malvern Men's Shed

**Ivanhoe Grove, Malvern East /
Every Tuesday and Wednesday mornings**

Take the opportunity to work on a community project with others, or a project of your own choice, come to hear guest speakers or socialise with fellow members over a cup of coffee – they also have monthly outings.

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. With members coming from all walks of life, the bond that unites the men is that they are working on projects with purpose.

If you are interested in finding out more about the Men's Shed, contact President Bill Jewell on **0401 907 303** or John Mardling on **0401 318 384**.

ENGAGED ACTIVITIES



All About Gardens on Zoom

Tuesday 21 June and Thursday 21 July at 2pm

21 June: Worm farming – Local resident and worm farming expert, Dr John Brownbill, will tell you how you can cultivate your own worm farm at home to enrich your garden.

21 July: Planting and managing fruit trees – Learn some techniques and tricks with our gardening expert, Kat Lavers.

Call us on **8290 1333** to book and we'll send you the Zoom link.

Active Stonnington: Resistance training to build muscles

1409–1413 High Street, Glen Iris

The Harold Holt Health Club fitness professional will develop a resistance-training program with your goals and capacity in mind and will help you maintain your motivation with six-to-eight weekly check-ins.

Check out the range of programs currently on offer, from gym programs and group fitness classes at the Health Club at Harold Holt Swim Centre to Yoga in the Park.

Phone **8290 1678** or head to the Active Stonnington webpage to find out more: stonnington.vic.gov.au/active/home



Free learn to swim classes

Do you want to want to improve your confidence in the water?

These free-swimming lessons at Harold Hold Swim Centre with an instructor will be held in the indoor 25-metre pool, heated comfortably to 30 degrees. Book yourself in for the 30-minute sessions which run over six weeks.

For bookings, call **8290 1678**.



STONNINGTON SEED LIBRARIES

Experience the joy of home growing with our Seed Libraries.

Residents will have the opportunity to grow food and plants at home, share seeds, and build their gardening knowledge with the exciting launch of Stonnington Libraries inaugural Seed Libraries.

Seed Libraries are currently being installed across Stonnington's four libraries in Malvern, Malvern East, Prahran Square and South Yarra. The program allows library members to borrow seed packets to plant and grow in their own home gardens. Seeds include vegetables and herbs, heirloom, Indigenous and native varieties.

- » **Borrow:** Borrow up to three packets of seeds
- » **Grow:** Plant the seeds in your garden
- » **Collect:** Harvest seeds from your garden
- » **Return:** Return seeds to the libraries to share with others (optional).

Together, we don't just grow plants, we grow a community. Start borrowing seeds today.

To find out more, visit
stonnington.vic.gov.au/library



DISCOVER WHAT'S ON AT STONNINGTON LIBRARIES AND THE HISTORY CENTRE

- » **Writers, readers and stories** – Our Open Book series shines a spotlight on emerging, popular and acclaimed writers and their books, writing and ideas.
- » **Digital learning** – Develop your digital skills and learn about computers and mobile devices, cyber safety and security, online banking and shopping, social media, Office productivity tools, and eLibrary products with our Get Connected series.
- » **Community and lifestyle** – Connect with people, services and information that support your wellbeing.
- » **History** – Explore local and family history research, and hear about historical people, places and events in our free History Matters seminar series.
- » **Hobbies and discussion** – Learn a new skill, pursue your hobbies, meet new people and enjoy conversations on a range of topics at library chats and clubs.

For more information and to book, visit stonnington.vic.gov.au/library/whats-on or call:

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

ENGAGED COMMUNITIES

MEET U THERE! LUNCH OUTINGS PROGRAM

An exciting new program for winter.

Meet U there aims to bring people together over lunch at a local Stonnington café. If you're interested in finding out more about this new program contact the engaged team on **8290 1333** or email us engaged@stonnington.vic.gov.au to leave your expression of interest.

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.

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



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.

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

For more information call **8290 3349**.

RELAX, ENGAGE, CONNECT AND CREATE

Lantern making	Design and create lanterns to shine light in the darkness and celebrate the coming light of spring.
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. Call us for the location and details of the outings.
Fit Club	An exercise class designed to enhance physical fitness including strength, mobility, balance and cardiovascular fitness, suitable for active people.
Melody Makers	Learn to train your eyes, ears and voices and sing a variety of both classical and contemporary songs in this 12-week program. Also available on Zoom.
Tai Chi	These free classes, led by an instructor from Tai Chi Australia, are suitable for people of all levels. In the event of inclement weather, the Tuesday class will instead be available on Zoom.
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. Also available on Zoom.
Groovin' & Movin'	A fun and free one-hour dance session. During winter, we'll be dancing to the top number one hits through the ages. These classes will be conducted outdoors and in inclement weather they will be cancelled.
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.
Tjanabi Friendly meet-up	Catch up with old friends and new. There is conversation, dancing, music and more.
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 on the first Thursday of the month and stream the classes online with Zoom every other Thursday.

For further information on regular Engaged activities or to book your place, please call the team on 8290 1333. Ask about using the community transport service to get to there.

WINTER PROGRAM (JUNE TO AUGUST 2022)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p>Lantern making 9.30am–11.30am Chris Gahan Centre</p> <p>Move It to Music 9.45am Grattan Gardens Community Centre</p> <p>Walk and Talk Buddies 10am</p> <p>Fit Club 10.30am on Zoom</p>	<p>Tai Chi 9am Prahran Square</p>	<p>Groovin' & Movin' 9.30am Grattan Gardens</p> <p>Fit Club 10.30am Chris Gahan Centre</p> <p>Freestyle Creatives 10.30am Phoenix Park Community Centre</p>	<p>Yoga 9.30am Victoria Gardens</p> <p>Move It to Music 9.45am Chris Gahan Centre</p> <p>Walk and Talk Buddies 10am</p>	<p>Tai Chi 9am on Zoom</p> <p>Yoga 9.30am Victoria Gardens</p>
<p>Melody Makers 1.30pm Chris Gahan Centre</p>	<p>Community Singing 1.30pm Chris Gahan Centre</p>		<p>Tjanabi <i>Friendly meet-up</i> 1.30pm–3pm Grattan Gardens Community Centre</p> <p>Healthy Mind and Body 2pm</p>	
	<p>Community Transport Malvern Central</p>		<p>Community Transport Chadstone Shopping Centre</p>	<p>Community Transport Prahran Market</p>

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

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

Ask about using the community transport service to get to there.