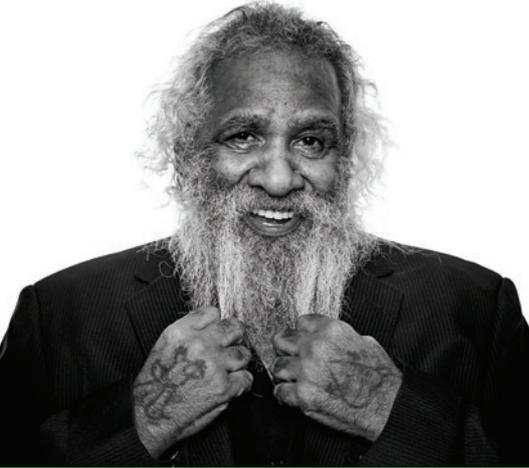


# Bayside Seniors

Healthy Ageing Festival



## 2021 Festival program



50+ free events

- Online live performances
- Face-to-face activities (COVID restrictions permitting)
- Activities to do with the Grandchildren
- Storytelling and much more!





## Participating Bayside groups, clubs and services

Alfred Health Carer Services

Bayside Gallery

Bayside Library Service

Bayside Men's Shed Group Inc

Bayside U3A (University of the Third Age)

Beamaris Senior Citizens Snooker Club

BirdLife Bayside

Brighton Bayside Life Activities Club

Brighton Croquet Club

Brighton Historical Society

Brighton Recreational Centre

Castlefield Community Centre

Connect Health & Community

Culture Connect Chinese Aust Brighton Beach Inc.

Friends of Black Rock House

Hampton Bowls Club

Hampton Community Centre and Highett Neighbourhood Community House

Highett Youth Club

Japanese Welfare Association of Victoria

Knit One Give One (KOGO)

Macular Disease Foundation Australia

Sandbelt Toastmasters Club

Sandringham Croquet Club

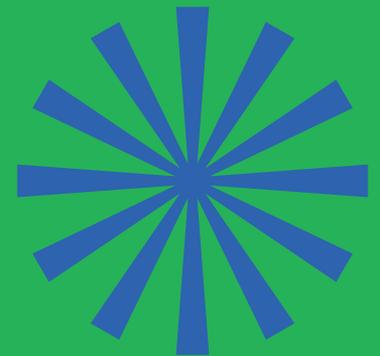
Sandringham Life Activities Club

Sandringham Life Saving Club

Sandybeach Centre

Southern Basketball Association

The Bayside Writers' Group



Great care has been taken to ensure the accuracy of the information in the program, however it is subject to change without notice.

If you have any questions regarding the program or registrations, please contact Council's Healthy Ageing team on **9599 4373** or email **[healthyageing@bayside.vic.gov.au](mailto:healthyageing@bayside.vic.gov.au)**



# Bayside Seniors

## Healthy Ageing Festival



# Welcome

**Bayside City Council is proud to present the Bayside Seniors Healthy Ageing Festival, 1 - 24 October 2021, an opportunity to celebrate, connect with community, meet new people, try new things and have fun.**

We recognise COVID-19 has challenged all of us in some way and we look forward to offering a variety of activities to celebrate community. This year's theme "Keep'n on" recognises the resilience of Victorians and encourages people from all cultures and abilities to reconnect through inclusive and accessible activities and events, celebrating the diversity of opportunity available in our local community. A festival by the community for the community!

Join us as we kick off the festival with a virtual concert from renowned duo Paulin & Parry and lifelong entertainer Brendan Scott, hear from Don McQueen,

"The Bush Balladeer" about his love of Australian history and bush poetry. If you are looking to downsize but not sure where to begin, join us for a downsizing and decluttering information session with Julia Dyer, plus so much more!

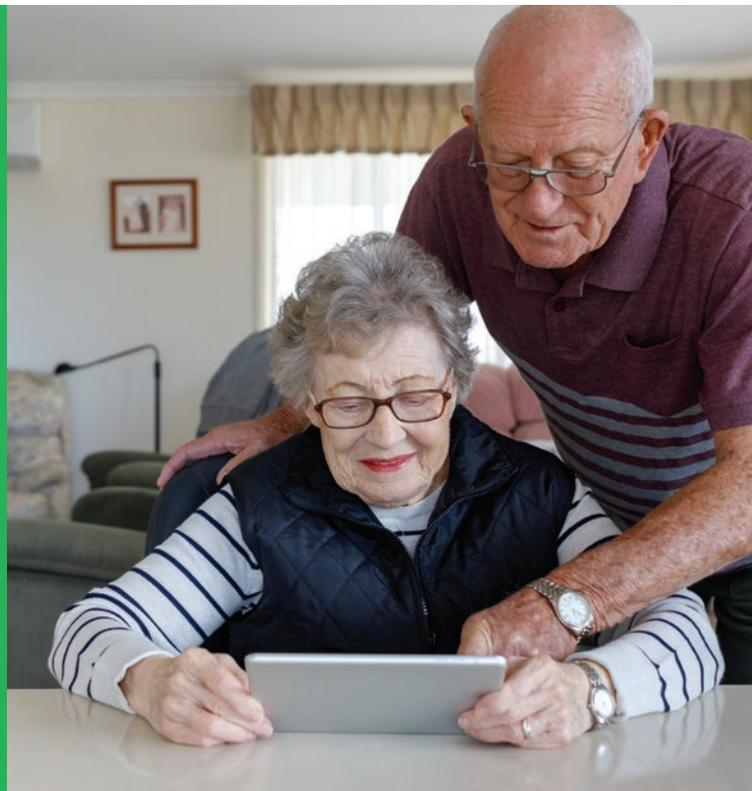
We encourage community members or visitors to reconnect and take part in a wide range of free and low-cost activities and events available online and face-to-face. Don't miss this exciting opportunity to reconnect, have fun and explore something new in a COVIDSafe environment. Read on to view the full program.

Bayside City Council would like to thank all participating community groups, centres and their respective volunteers and staff for their valuable contribution.

**We hope you enjoy the 2021 Bayside Seniors Healthy Ageing Festival!**

Discover more of the Bayside Seniors Healthy Ageing Festival at [www.bayside.vic.gov.au/bayside-seniors-healthy-ageing-festival-2021](http://www.bayside.vic.gov.au/bayside-seniors-healthy-ageing-festival-2021)

# Helping to get online for the 2021 Bayside Seniors Healthy Ageing Festival



**Need support to get up to speed with using Zoom, WhatsApp and Facetime so you can experience all the fabulous online events and activities for the 2021 Bayside Seniors Healthy Ageing Festival?**

Then join up in one of our free training sessions that will give you the know-how and confidence to get on-line and participate. All training will be run by members of the Stay in Touch team who have been helping seniors get digitally connected for over 12 years.

All you need is a device that is connected to the internet. The Stay in Touch team will get you connected and guide you all the way.

## MONDAY 27 SEPTEMBER

Zoom and WhatsApp – 10am  
Zoom and Facetime – 1pm

## WEDNESDAY 29 SEPTEMBER

Zoom and Facetime – 10am  
Zoom and WhatsApp – 1pm

Bookings are essential – visit [www.stayintouch.net.au/trainingevents](http://www.stayintouch.net.au/trainingevents)

Stay in Touch will open each session one hour prior to training to assist anyone that needs joining. Call **9596 4547** for assistance getting into the session required.

### More information

For any questions or assistance contact Stay in Touch  
Call **9596 4547** Email: [bookings@stayintouch.net.au](mailto:bookings@stayintouch.net.au)





## About the festival – things you need to know in a COVID-19 environment!

**Restrictions associated with COVID-19 may impact on the delivery of some events and activities. Below are some tips to assist your participation in this year's festival.**

Registrations and/or bookings are essential for all events. Bookings for activities may vary. It may be by phone call, email or an online platform such as TryBooking. Please read the process required as detailed for each event listing.

Great care has been taken to ensure the accuracy of the information in the program, however in this COVID-19 environment details are subject to change without notice. The best way to stay up to date with the latest news on festival events is to contact the relevant community group directly or Council's Healthy Ageing team on **9599 4373** or email **[healthyageing@bayside.vic.gov.au](mailto:healthyageing@bayside.vic.gov.au)**

To help slow the spread of coronavirus and keep everyone safe, please follow the latest health advice from the Victorian Government. Visit **[www.coronavirus.vic.gov.au](http://www.coronavirus.vic.gov.au)** or call **1800 675 398**

# Events proudly sponsored by Bayside City Council

## Bayside Afternoon Melodies

**FRIDAY 1 OCTOBER**

**2.30pm – 3.30pm**

Join us as Bayside City Council kick starts the Bayside Seniors Healthy Ageing Festival and celebrates the International Day of Older Persons. Don't miss the opportunity to see the dynamic musical duo Paulin & Parry create great entertainment together. This popular duo will be joined by Brendan Scott, one of Melbourne's most accomplished and experienced performers with an endless repertoire of music and songs that will get you singing and moving.

Online – Bookings are essential  
[www.trybooking.com/BTVJH](http://www.trybooking.com/BTVJH)  
or call Healthy Ageing on **9599 4373**



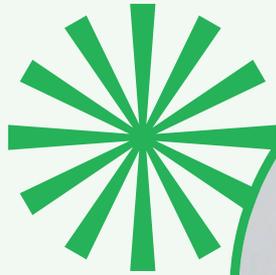
### Paulin & Parry

Vicki Paulin has been entertaining in venues around Melbourne, Australia and overseas as a solo artist and with duos, trios, and bands. Having studied classically and completing an Associate Diploma in Opera and Music Theatre at the Victorian College of the Arts, she went on to sing contemporary music and now combines these different styles in her performances.

Ed Parry began singing in choirs in the seventies and also attended the Victorian College of the Arts where he completed an Associate Diploma in Opera and Music Theatre. He moved to London where he joined the chorus of the Royal Opera, Covent Garden, working there for 10 year but now resides back in Melbourne.

Together they are a wonderful duo, making music and creating memories as you reminisce the great music of stage and screen. Paulin & Parry have been performing together for four years and have performed at private functions, wineries, parties, and corporate events. Their performances are described as brilliant, passionate and spell binding!





## Brendan Scott

An accomplished and experienced performer who has been part of the Australian entertainment industry ever since his stage debut at age 4. He has worked in all facets of the entertainment industry and continues to use his wealth of experience to entertain audiences in many parts of Australia.

Brendan showcases his many talents during performances. Not only does he sing many well-known songs, but he also plays piano, guitar, saxophone, banjo, and violin.

For over 20 years, Brendan was a fixture on Melbourne radio station 3AW as a contributor to the Overnight program hosted by Keith McGowan and is a regular on the Morning Melodies circuit. Brendan's amazing and endless repertoire of music and songs always keeps the party moving. A truly great entertainer!



## Don McQueen "The Bush Balladeer"

**FRIDAY 8 OCTOBER**

**2.30pm – 3.30pm**

Don McQueen, multi award winning Bush Balladeer delivers Australian poetry with exceptional passion and flair. You'll feel as though you're sitting around the campfire with Don as he tells engaging stories, recites some of the most classic Australian bush poetry, and some hilarious modern poems too that will truly fascinate listeners.

Don's love of Australian history and bush poetry is shared by his love for the game of cricket which culminated in his creation of the Hume and Hovell Cricket Ground at Strath Creek, a 'Village Green' English cricket ground in the heart of the Australian bush. Don's involvement in community affairs is widely known and he often lends his talents to help support community projects. Don't miss Don's stirring renditions of our famous Australian writers of verse.

Online – Bookings are essential  
**[www.trybooking.com/BTVJU](http://www.trybooking.com/BTVJU)**  
or call Healthy Ageing on **9599 4373**

# Events proudly sponsored by Bayside City Council



## CommuKnitty – Knit with Purpose Information Session

**MONDAY 18 OCTOBER**

**10.30am – 11.30am**

Bayside City Council will be partnering with the Knit One Give One (KOGO) initiative. KOGO is a not-for-profit organisation with an estimated 10,000 knitters across Australia who knit items for a range of people undergoing hardship.

We are seeking local community members who would be interested in knitting with a purpose to become a part of a project that will help some people in need. No matter what your knitting ability is, you can simply start either by creating simple squares that are sewn together by volunteers or create a beautiful warm adult blanket from start to finish.

To help get you started, we invite you to join an online information session with Andrea from KOGO who will speak about how KOGO operates, where the knitted items go and some of the charities and people they support.

Limited edition Starter Kits will be provided to help you join this community project.

Online – Bookings are essential  
**[www.trybooking.com/BTWLR](http://www.trybooking.com/BTWLR)**  
or call Healthy Ageing on **9599 4373**

## Downsizing & Decluttering Information Session

**MONDAY 18 OCTOBER**

**1.30pm – 3pm**

If you are looking to downsize in the near future and you are feeling completely overwhelmed, you are not alone. We understand you have a big job ahead and it may feel incredibly daunting. Your situation may be imminent, or you may be in no immediate hurry, just looking to plan for your future.

Join Julia Dyer, from the Downsizing Connections Group for a for free, independent online session about downsizing. Julia will also share her effective 5-step decluttering plan to help relieve the stress of decluttering. After this session, you will feel more confident and in control of your next move.

Online – Bookings are essential  
**[www.downsizingconnections.com.au/events](http://www.downsizingconnections.com.au/events)** or call **0404 293 485**



# Grandparents and Grandchildren

The Bayside Library Service and Bayside Gallery are offering a number of opportunities for grandparents to spend some story times and activities with their grandchild.



## Baby Rhyme Time

is designed for children 0-18 months and introduces the child to language, literature and the library.

**10.30am – 11am**

### Beaumaris Library

**Thursday 14 October**

[www.trybooking.com/786698](http://www.trybooking.com/786698)

### Brighton Library

**Friday 22 October**

[www.trybooking.com/events/786554](http://www.trybooking.com/events/786554)

### Sandringham Library

**Tuesday 12 October**

[www.trybooking.com/events/786623](http://www.trybooking.com/events/786623)

## Toddler Time

These sessions include stories, songs and rhymes and caters for the children 18+ months.

**10.30am – 11am**

### Beaumaris Library

**Tuesday 26 October**

[www.trybooking.com/786617](http://www.trybooking.com/786617)

### Brighton Library

**Monday 4 October**

[www.trybooking.com/786532](http://www.trybooking.com/786532)

### Sandringham Library

**Friday 29 October**

[www.trybooking.com/786585](http://www.trybooking.com/786585)

## Pre School Story Hour

is designed for pre-school aged children, 3-5 years and includes listening to fun stories and joining in songs and rhymes, followed by an activity.

**10.30am – 11am**

### Beaumaris Library

**Fridays**

[www.trybooking.com/741661](http://www.trybooking.com/741661)

### Brighton Library

**Tuesdays and Thursdays**

[www.trybooking.com/741136](http://www.trybooking.com/741136)

Sandringham Library

Mondays and Wednesdays

[www.trybooking.com/741087](http://www.trybooking.com/741087)

## Lego Club

Join with your grandchildren to solve Lego challenges.

**4pm**

**Wednesday 6 October**

### Sandringham Library

No bookings necessary

## Teddy Bears Picnic at Bayside Gallery

Bayside Gallery invite grandparents and grandchildren to celebrate their latest exhibition, The Soft Library by Cat Rabbit with a Teddy's Bear Picnic.

Bring along your grandchildren, or special little people in your life and join Cat and the "Libearians" for a special day out at the Bayside Gallery. Pack a picnic, a rug, and your best furry teddy friend, and join us for some bear themed fun and entertainment!

**2pm – 3.30pm**

**Saturday 23 October**

### Bayside Gallery

Corner Wilson and Carpenter St, Brighton

Bookings are essential

[www.trybooking.com/BTONV](http://www.trybooking.com/BTONV)

Call 9261 7111

## Locations

Beaumaris Library – 96 Reserve Rd, Beaumaris

Brighton Library – 14 Wilson St, Brighton

Sandringham Library – 8 Waltham St, Sandringham

Call **9261 7125**



Time	Event	Where	Bookings
<b>FRIDAY 1 OCTOBER</b>			
10am - 1:30pm <b>FREE</b>	<b>Celebrate International Day of Older Persons</b> <i>hosted by Sandybeach Centre</i> Celebrate International Day of Older Persons day at the Sandybeach Centre. There will be free relaxation and wellbeing activities, information about the Centre's programs and courses, light entertainment and a free coffee van.	<b>Sandybeach Centre</b> 2 Sims Street, Sandringham	Bookings are essential 9598 2155 <a href="mailto:reception@sandybeach.org.au">reception@sandybeach.org.au</a>
2:30pm - 3:30pm <b>FREE</b>	<b>Bayside Afternoon Melodies</b> <i>hosted by Bayside City Council</i> In celebration of UN International Day of Older Persons and to kickstart the Bayside Seniors Healthy Ageing Festival, don't miss the opportunity to see the versatile and dynamic musical duo Paulin & Parry create great entertainment together. This popular duo will be joined by Brendan Scott, one of Melbourne's most accomplished and experienced performers with an endless repertoire of music and songs that will get you singing and moving.	<b>Online</b>	Bookings are essential 9599 4373 <a href="http://www.trybooking.com/BTVJH">www.trybooking.com/BTVJH</a>
<b>SATURDAY 2 OCTOBER</b>			
1:30pm - 4:30pm <b>FREE</b>	<b>Games and Chitchat in the Park</b> <i>hosted by Brighton Bayside Life Activities Club</i> Play bocce, Finnish skittles and quoits while having a chat over afternoon tea.	<b>Basterfield Park</b> Dane Street, Hampton East	Bookings are essential 0438 100 807 <a href="mailto:secretarybblac@gmail.com">secretarybblac@gmail.com</a>
<b>SUNDAY 3 OCTOBER</b>			
11am - 3.30pm <b>GOLD COIN DONATION</b>	<b>Made in Japan</b> <i>hosted by Japanese Welfare Association of Victoria</i> Look, listen and learn about Japanese culture. Participate in a free language class and enjoy the delights of Japanese tea and cake. Also be fascinated by the beautiful craft of the American flower.	<b>Hampton Senior Citizens Centre</b> 14 Service Street, Hampton	Bookings are essential 0400 688 006 <a href="http://www.jwavic.org.au">www.jwavic.org.au</a>
<b>MONDAY 4 OCTOBER</b>			
10am - 12noon <b>FREE</b>	<b>Origami Workshop</b> <i>hosted by Castlefield Community Centre</i> Learn to make a mural of origami houses over a coffee as we partner with CISVic to help raise awareness for homelessness and the need for more affordable housing in our community.	<b>Castlefield Community Centre</b> 505 Bluff Road Hampton	Bookings are essential 9598 0662 <a href="mailto:castlefield@bayciss.org.au">castlefield@bayciss.org.au</a>

Time	Event	Where	Bookings
<b>MONDAY 4 OCTOBER</b>			
12noon – 4pm <b>FREE</b>	<b>Snooker Social Day</b> <i>hosted by Beaumaris Senior Citizens Snooker Club</i> Come alone or with friends to try out your snooker skills on one of the two majestic 3/4 size tables. You can choose to play snooker, billiards or pool. Bring along your own cue or use one of the clubs. Friendly members will be available to teach you news skills and answer any questions.	<b>Beaumaris Seniors Centre</b> 84 Reserve Road, Beaumaris	Bookings are essential <a href="mailto:3viking3@gmail.com">3viking3@gmail.com</a>
2pm – 4pm <b>FREE</b>	<b>Come and Try Croquet</b> <i>hosted by Sandringham Croquet Club</i> Golf Croquet is a game that can be played at any age. It provides gentle, low impact physical activity in a outdoor setting. The Sandringham Croquet Club offers a two hour window to come and try the game. There is no cost involved and all croquet equipment will be provided. Participants need to wear flat soft soled shoes. Members of our friendly and sociable club will be on hand to explain and demonstrated the basic skills required to play the game.	<b>Sandringham Croquet Club</b> Beach Road (Opposite Abbott St) Sandringham	Bookings are essential <a href="mailto:sandycroquet@gmail.com">sandycroquet@gmail.com</a>
<b>TUESDAY 5 OCTOBER</b>			
10:30am – 11:30am <b>FREE</b>	<b>Book Chats</b> <i>hosted by Bayside Library Service</i> Connect with fellow readers through friendly conversation and a mutual love of books. It doesn't matter what you're into: fiction, non-fiction, audio book or eBooks, we'd love to hear what you've been reading. Maybe you'll discover your next must-read book! This friendly group session is designed for people who want to share what they're reading or listening to. The Book Chat is informal and facilitated by a library team member.	<b>Hampton Library</b> 1D Service Street, Hampton	Bookings are essential 9261 7125 <a href="mailto:libraryevents@bayside.vic.gov.au">libraryevents@bayside.vic.gov.au</a> <a href="http://www.trybooking.com/786827">www.trybooking.com/786827</a>
10:30am – 11:30am <b>FREE</b>	<b>Age-related Macular Degeneration Information Session</b> <i>hosted by Macular Disease Foundation Australia</i> Age-related Macular Degeneration (AMD) is the leading cause of legal blindness in Australia. Join us as we learn, what is it, who is at risk and what can you do to reduce your risk?	<b>Online</b>	Bookings are essential <a href="mailto:education@mdfoundation.com.au">education@mdfoundation.com.au</a> Please write in the title of your email <i>Registering for the Bayside Council AMD talk</i>
2pm – 4pm <b>FREE</b>	<b>Bay Walk</b> <i>hosted by Brighton Bayside Life Activities Club</i> Enjoy a leisurely walk and chat along the Bayside path to a coffee stop and back.	<b>Beach Car Park</b> Dendy Street, Brighton	Bookings are essential 0438 100 807 <a href="mailto:secretarybblac@gmail.com">secretarybblac@gmail.com</a>

Time	Event	Where	Bookings
<b>WEDNESDAY 6 OCTOBER</b>			
9:30am – 10:15am <b>\$5.00</b>	<b>Body Ease Classes</b> <i>hosted by Highett Youth Club</i> A class that focuses on strength, flexibility, body awareness, and finding ease in how you move. You will improve how you move, rather than just how much you can move. Also learn about fall prevention.	<b>Highett Youth Club</b> 3 Livingston Street, Highett	Bookings are essential 9532 0457 <a href="mailto:highettycevents@gmail.com">highettycevents@gmail.com</a>
10:30am – 11:30am <b>FREE</b>	<b>Escaping Australia</b> <i>hosted by Bayside Library Service</i> Are you feeling the need to escape? Or struggling to find accommodation, camping or wellbeing experiences easily and cost effectively? Join this session for demonstrations on how to navigate popular booking sites such as Airbnb, Wikicamps, Wotif and Expedia. Useful for travelling in Australia while restrictions are on, and later if you are planning something overseas!	<b>Brighton Library</b> 14 Wilson Street, Brighton	Bookings are essential 9261 7125 <a href="mailto:libraryevents@bayside.vic.gov.au">libraryevents@bayside.vic.gov.au</a> <a href="http://www.trybooking.com/794639">www.trybooking.com/794639</a>
1pm – 3pm <b>FREE</b>	<b>Art for All Abilities Class</b> <i>hosted by Castlefield Community Centre</i> Experienced artist Janis Morgan will help you discover your inner artist with a range of activities using different materials. This supportive group is great for people of all abilities. No experience necessary.	<b>Castlefield Community Centre</b> 505 Bluff Road, Hampton	Bookings are essential 9598 0662 <a href="mailto:castlefield@bayciss.org.au">castlefield@bayciss.org.au</a>
<b>THURSDAY 7 OCTOBER</b>			
10am – 12:30pm <b>FREE</b>	<b>Learn to Play Mah Jong and more</b> <i>hosted by Sandringham Life Activities Club</i> Come and view Western Mah Jong being played to decide if it is a game "for you". Join the friendly members from SLAC to learn all about what the club can offer you.	<b>Masonic Hall</b> 23 Abbott Street, Sandringham	Bookings are essential <a href="mailto:secretary@lifesandringham.org.au">secretary@lifesandringham.org.au</a>
10:30am – 12noon <b>FREE</b>	<b>Portrait of Place Talk and Tea</b> <i>hosted by Bayside Gallery</i> Join Bayside Gallery to experience their latest exhibition and enjoy a morning tea at the gallery. This will be delivered on Zoom if required.	<b>Bayside Gallery</b> Cnr Carpenter and Wilson Streets, Brighton	Bookings are essential 9599 4720 <a href="http://www.trybooking.com/BTVJN">www.trybooking.com/BTVJN</a>
11am – 3pm <b>FREE</b>	<b>Men's Shed Open Day</b> <i>hosted by Bayside Men's Shed Group Inc</i> Come and chat with the guys over a cuppa to learn about the great things on offer at the Men's Shed.	36 Bonanza Road, Beaumaris	Bookings are essential <a href="mailto:secretary.baysidemensshed@gmail.com">secretary.baysidemensshed@gmail.com</a>
4:30pm – 5:30pm <b>FREE</b>	<b>Device Advice</b> <i>hosted by Bayside Library Service</i> If you need a helping hand to assist with your device such as "how do I add a contact" or digital bravery, this session is available without needing to book? Assistance in accessing the library's eResources including eBooks, eAudiobooks and eMagazines is also available in a 15 minute session with one of our friendly library tech volunteers.	<b>Brighton Library</b> 14 Wilson Street, Brighton	Bookings are essential 9261 7125 <a href="mailto:libraryevents@bayside.vic.gov.au">libraryevents@bayside.vic.gov.au</a> <a href="http://www.trybooking.com/790808">www.trybooking.com/790808</a>

Time	Event	Where	Bookings
<b>THURSDAY 7 OCTOBER</b>			
7:30pm – 8:45pm <b>FREE</b>	<b>One World Voices Choir</b> <i>hosted by Castlefield Community Centre</i> Fun, dynamic and uplifting choir led by professional musicians Andrea Khoza and Annemarie Sharry who have many years experience developing and leading choirs. No experience necessary. Anyone and everyone is welcome.	<b>Castlefield Community Centre</b> 505 Bluff Road, Hampton	Bookings are essential 9598 0662 <a href="mailto:castlefield@bayciss.org.au">castlefield@bayciss.org.au</a>
<b>FRIDAY 8 OCTOBER</b>			
10am – 11am <b>FREE</b>	<b>Chatty Cafe</b> <i>hosted by Castlefield Community Centre</i> Stay connected to your community and drop in to enjoy a cuppa and "Have a Chat" as part of the Chatty Café project. It is a place to build connections with others, reduce social isolation and form new relationships. Anyone and everyone welcome!	<b>Castlefield Community Centre</b> 505 Bluff Road, Hampton	Bookings are essential 9598 0662 <a href="mailto:castlefield@bayciss.org.au">castlefield@bayciss.org.au</a>
10:15am – 11:30am <b>FREE</b>	<b>Intergenerational Playgroup</b> <i>hosted by Castlefield Community Centre</i> Come to play, chat and create with 3 and 4 year old children in their childcare program. Educators will facilitate fun activities that everyone can enjoy.	<b>Castlefield Community Centre</b> 505 Bluff Road, Hampton	Bookings are essential 9598 0662 <a href="mailto:castlefieldadmin@bayciss.org.au">castlefieldadmin@bayciss.org.au</a>
1pm – 2pm <b>FREE</b>	<b>Dumpling Masterclass</b> <i>hosted by Culture Connect Chinese Aust Brighton Beach Inc.</i> Learn the traditional techniques of making dumplings and the secret to our healthy immune boosting ingredients and coloured dumpling wrappers. Healthy living tips and natural remedies will also be shared.	<b>Online and face-to-face at Brighton Seniors Centre</b> 23 Durrant Street, Brighton	Bookings are essential <a href="http://www.trybooking.com/BTXOO">www.trybooking.com/BTXOO</a>
2:30pm – 3:30pm <b>FREE</b>	<b>Don McQueen "The Bush Balladeer"</b> <i>hosted by Bayside City Council</i> Don McQueen, multi award winning Bush Balladeer delivers Australian poetry with exceptional passion and flair. You'll feel as though you're sitting around the campfire with Don as he tells engaging stories, recites some of the most classic Australian bush poetry, and some hilarious modern poems too that will truly fascinate listeners.	<b>Online</b>	Bookings are essential 9599 4373 <a href="http://www.trybooking.com/BTVJU">www.trybooking.com/BTVJU</a>

Time	Event	Where	Bookings
<b>SUNDAY 10 OCTOBER</b>			
9am – 11am <b>FREE</b>	<b>Bird Walk at Ricketts Point</b> <i>hosted by BirdLife Bayside</i> See and hear the birds during a leisurely walk at Ricketts Point.	<b>Car park</b> south of Ricketts Point Cafe 243 Beach Road, Beaumaris	Bookings are essential 0433 015 282 <a href="mailto:taniai@ozemail.com.au">taniai@ozemail.com.au</a>
10am – 3pm <b>SEE COSTS</b>	<b>Spring into Black Rock House</b> <i>hosted by Friends of Black Rock House</i> Take a step back in time and wander the gardens, house, stables and enjoy a Devonshire tea in the Ballroom. Meet our valuation expert who will give his opinion of what your little gem could be worth.  House Tour - <b>GOLD COIN DONATION</b> House Tour & Devonshire Tea - <b>\$15</b> Valuation of Items for up to 5 items - <b>\$10</b>	<b>Black Rock House</b> 30 - 36 Ebden Avenue, Black Rock	Bookings are essential <a href="mailto:friendsofblackrockhouse@gmail.com">friendsofblackrockhouse@gmail.com</a>
<b>MONDAY 11 – 15 OCTOBER</b>			
<b>FREE</b>	<b>Let's Celebrate Carers Week</b> <i>hosted by Alfred Health Carers Services</i> Alfred Health Carers Services wish to acknowledge and celebrate carers by offering five days of fun and engaging activities including motivational mornings, craft, entertainment activities, book club and a comedy show.	<b>Online</b>	Bookings are essential 9076 6644 <a href="http://www.carersouth.org.au/events">www.carersouth.org.au/events</a>
9am – 4pm <b>FREE</b>	<b>Let's Celebrate Seniors this Week</b> <i>hosted by Hampton Community Centre and Highett Neighbourhood Community House</i> From 11 - 15 October connect with the Hampton Community and Highett Neighbourhood Community House as they offer a week of fun, social and free activities with online and face-to-face options. For details visit <a href="http://www.baysidecommunitycentres.org.au">www.baysidecommunitycentres.org.au</a>	<b>Hampton Community Centre</b> 14 Willis Street, Hampton <b>Highett Neighbourhood Community House</b> 2 Livingston Street, Highett	Bookings are essential 9555 3797 <a href="mailto:office@highett.org.au">office@highett.org.au</a>
<b>TUESDAY 12 OCTOBER</b>			
1pm – 2pm <b>FREE</b>	<b>History of Black Rock House</b> <i>hosted by Bayside Library Service</i> A Man's home is his Castle. Discover the history of Black Rock House built By Charles Ebden in 1856. President of Friends of Black Rock House Carolyn Brown will delight and entertain you with fascinating stories about the house, it's remarkable owners and how it was saved for future generations.	<b>Beaumaris Library, small hall</b> 96 Reserve Road, Beaumaris	Bookings are essential 9261 7125 <a href="mailto:libraryevents@bayside.vic.gov.au">libraryevents@bayside.vic.gov.au</a> <a href="http://www.trybooking.com/804831">www.trybooking.com/804831</a>

**5 DAY  
EVENT**

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EVENT**

Time	Event	Where	Bookings
<b>TUESDAY 12 OCTOBER</b>			
2pm – 3pm <b>FREE</b>	<b>Member Readings</b> <i>hosted by The Bayside Writers' Group</i> Listen to published members, including those who contributed to Poet's Corner books, recite passages or complete poems from their collection.	<b>Brighton Seniors Centre</b> 23 Durrant Street Brighton	Bookings are essential 0403 604 213 <a href="mailto:baysidewritersgroup@bigpond.com">baysidewritersgroup@bigpond.com</a>
6:30am – 8pm <b>FREE</b>	<b>Create a cool and comfortable home this Summer</b> <i>hosted by Bayside City Council</i> Come along to this free webinar to learn about easy, cost-effective ways you can make your home cool and efficient.	Online	Bookings are essential <a href="https://create-a-cool-home.eventbrite.com.au">https://create-a-cool-home.eventbrite.com.au</a>
<b>WEDNESDAY 13 OCTOBER</b>			
9:30am – 11:30am <b>FREE</b>	<b>Easy Riding</b> <i>hosted by Brighton Bayside Life Activities Club</i> Ride from Middle Brighton Baths to the Beachcomber Cafe. Return at your leisure after enjoying coffee and conversation.	<b>Middle Brighton Baths</b> 251 Esplanade, Brighton	Bookings are essential 0438 100 807 <a href="mailto:secretarybblac@gmail.com">secretarybblac@gmail.com</a>
9:30am – 10:15am <b>\$5.00</b>	<b>Body Ease Classes</b> <i>hosted by Highett Youth Club</i> Regain the physical abilities you may have lost over recent years! Classes focus on strength, flexibility, body awareness, and finding ease in how you move. You will improve how you move, rather than just how much you can move. Learn about fall prevention and meet new people with similar goals in a small social environment.	<b>Highett Youth Club</b> 3 Livingston Street, Highett	Bookings are essential 9532 0457 <a href="mailto:highettycevents@gmail.com">highettycevents@gmail.com</a>
10am – 12noon <b>FREE</b>	<b>Introduction to Lawn Bowls</b> <i>hosted by Hampton Bowls Club</i> Connect with locals by playing lawn bowls. All equipment supplied and no special shoes are required. Morning tea will be provided and a mystery prize is to be won.	<b>Hampton Bowls Club</b> 25 Fewster Road, Hampton	Bookings are essential 0416 286 978 <a href="mailto:rob@hamptonbowlsclub.com.au">rob@hamptonbowlsclub.com.au</a>
10am – 11am <b>FREE</b>	<b>Walking Basketball</b> <i>hosted by Southern Basketball Association</i> Learn some ball handling techniques and play a game of walking basketball. Enjoy morning tea and a chat with the team afterwards.	<b>Southern Basketball Centre</b> 150 Tulip Street, Cheltenham	Bookings are essential <a href="mailto:nathan@southernbasketball.com.au">nathan@southernbasketball.com.au</a>

Time	Event	Where	Bookings
<b>WEDNESDAY 13 OCTOBER</b>			
7:30pm – 9:30pm <b>FREE</b>	<b>Come and Try Sandbelt Toastmasters Club</b> <i>hosted by Sandbelt Toastmasters Club</i> Learn how to captivate an audience, effectively impart your knowledge, or experience, and develop leadership and teamwork through Toastmasters. The meeting will be run in our usual educational, fun, and entertaining way and will include special presentations to explain how Toastmasters works and share members' firsthand experience of the benefits. Chat with members over supper.	<b>Beaumaris Library</b> Multi-Purpose/ small hall (use Library entry) 96 Reserve Road, Beaumaris	Bookings are essential 0490 092 637 <a href="mailto:sandbelt.tm@gmail.com">sandbelt.tm@gmail.com</a>
<b>THURSDAY 14 OCTOBER</b>			
8:30am – 10am <b>FREE</b>	<b>Bird walk at Cheltenham Park</b> <i>hosted by BirdLife Bayside</i> See and hear the birds during a leisurely walk at Cheltenham Park.	<b>Car park</b> 2 Park Road, Cheltenham	Bookings are essential 0433 015 282 <a href="mailto:taniai@ozemail.com.au">taniai@ozemail.com.au</a>
8:30am – 10am <b>FREE</b>	<b>Beach Walk</b> <i>hosted by Brighton Bayside Life Activities Club</i> Walk from North Rd to Point Ormond and back before enjoying a coffee at North Point Cafe.	<b>Car park</b> North Rd (opposite North Point Café), Brighton	Bookings are essential 0438 100 807 <a href="mailto:secretarybblac@gmail.com">secretarybblac@gmail.com</a>
9:30am – 11:30am <b>FREE</b>	<b>Exercise for All</b> <i>hosted by Connect Health &amp; Community</i> A range of gentle exercises including Tai Chi, muscle building and moderate intensity exercises.	<b>Hampton Seniors Citizens Centre</b> 14 Service Street, Hampton	Bookings are essential 9575 5333 <a href="mailto:info@connecthealth.org.au">info@connecthealth.org.au</a>
6pm – 7pm <b>FREE</b>	<b>Author talk with Laraine Stephens</b> <i>hosted by Bayside Library Service</i> Listen to Laraine as she discusses her book "The Death Mask Murders". It is February 1918. As a wild storm batters Brighton, Emma Hart, an aspiring artist, and Max Rushforth, a shell-shocked ex-soldier, take refuge in the cellar of a derelict mansion, the Death Mask Murderer's lair and home to his sinister collection of plaster casts of murdered women. Set in the dying days of the Great War, The Death Mask Murders examines the treatment of soldiers suffering from shell shock and grapples with the age-old question. Can a person be born evil?	<b>Brighton Library</b> 14 Wilson Street, Brighton	Bookings are essential 9261 7125 <a href="mailto:libraryevents@bayside.vic.gov.au">libraryevents@bayside.vic.gov.au</a> <a href="http://www.trybooking.com/794750">www.trybooking.com/794750</a>
<b>FRIDAY 15 OCTOBER</b>			
9:30am – 2:30pm <b>FREE</b>	<b>Silver Salties Come &amp; Try Morning</b> <i>hosted by Sandringham Life Saving Club</i> Silver Salties is a low impact, fitness and wellbeing program offering people over 60's social and active participation opportunities at the Sandringham Life Saving Club. There are a variety of activities on offer including yoga, pilates, water activities, Tai Chi, Qigong and more. Some activities will be available online if required.	<b>Sandringham Life Saving Club</b> Corner of The Crescent and Beach Road, Sandringham	Bookings are essential <a href="https://linktr.ee/sandringhamlsc">https://linktr.ee/sandringhamlsc</a> <a href="mailto:president@sandringhamlsc.org.au">president@sandringhamlsc.org.au</a>

Time	Event	Where	Bookings
<b>MONDAY 18 OCTOBER</b>			
10.30am – 11.30am <b>FREE</b>	<b>CommuKnitty - Knit With Purpose</b> <i>hosted by Knit One Give One</i> We are seeking local community members who are interested in knitting with a purpose. Join Healthy Ageing and Knit One Give One (KOGO) in a knitting project that will provide warmth and comfort to those in need. Andrea, from KOGO, will host an online information session on how KOGO operates, where the knitted items go and detail some of the charities KOGO support. If you are unable to make the Webinar, contact Healthy Ageing on 9599 4373 to express your interest.	Online	Bookings are essential 9599 4373 <a href="http://www.trybooking.com/BTWLR">www.trybooking.com/BTWLR</a>
1:30pm – 3pm <b>FREE</b>	<b>Downsizing &amp; Decluttering Information Session</b> <i>hosted by Julia Dyer</i> Are you thinking of Downsizing and not sure where to begin? Join Julia Dyer for independent advice and an effective 5-step decluttering plan in the comfort of your own home. After this session, you will feel more confident and in control of your next move.	Online	Bookings are essential 0404 293 485 <a href="http://www.downsizingconnections.com.au/events">www.downsizingconnections.com.au/events</a>
2:30pm – 3:30pm <b>FREE</b>	<b>Book Chats</b> <i>hosted by Bayside Library Service</i> Connect with fellow readers through friendly conversation and a mutual love of books. It doesn't matter what you're into: fiction, non-fiction, audio book or eBooks, we'd love to hear what you've been reading. Maybe you'll discover your next must-read book! This friendly group session is designed for people who want to share what they're reading or listening to. The Book Chat is informal and facilitated by a library team member.	<b>Brighton Library</b> 14 Wilson Street, Brighton	Bookings are essential 9261 7125 <a href="mailto:libraryevents@bayside.vic.gov.au">libraryevents@bayside.vic.gov.au</a> <a href="http://www.trybooking.com/792953">www.trybooking.com/792953</a>
8:30am – 10am <b>FREE</b>	<b>Bird walk at Cheltenham Park</b> <i>hosted by BirdLife Bayside</i> See and hear the birds during a leisurely walk at Cheltenham Park.	<b>Car park</b> 2 Park Road, Cheltenham	Bookings are essential 0433 015 282 <a href="mailto:taniai@ozemail.com.au">taniai@ozemail.com.au</a>
<b>TUESDAY 19 OCTOBER</b>			
11am – 12noon <b>FREE</b>	<b>Coffee and Chat</b> <i>hosted by Bayside Library Service</i> Stay connected to your community and "Have a Chat" with others over morning tea at Sandringham Library. This is a part of the Chatty Café Project.	<b>Sandringham Library</b> 8 Waltham Street, Sandringham	Bookings are essential 9261 7125 <a href="mailto:libraryevents@bayside.vic.gov.au">libraryevents@bayside.vic.gov.au</a> <a href="http://www.trybooking.com/805445">www.trybooking.com/805445</a>
2pm – 3pm <b>FREE</b>	<b>My Digital Legacy</b> <i>hosted by Bayside Library Service</i> More and more frequently, our important documents, accounts and memories are stored online and can be lost if we don't plan for what happens to them after we die. This session will explain what is meant by a Digital Legacy and how you can manage your digital assets as part of your estate.	<b>Brighton Library</b> 14 Wilson Street, Brighton	Bookings are essential 9261 7125 <a href="mailto:libraryevents@bayside.vic.gov.au">libraryevents@bayside.vic.gov.au</a> <a href="http://www.trybooking.com/794698">www.trybooking.com/794698</a>

Time	Event	Where	Bookings
<b>TUESDAY 19 OCTOBER</b>			
2pm – 4pm <b>FREE</b>	<b>Bay Walk</b> <i>hosted by Brighton Bayside Life Activities Club</i> Enjoy a leisurely walk and chat along the Bayside path to a coffee stop and back.	<b>Half Moon Bay Car Park,</b> Beach Road & Love Street, Black Rock	Bookings are essential 0438 100 807 <a href="mailto:secretarybblac@gmail.com">secretarybblac@gmail.com</a>
<b>WEDNESDAY 20 OCTOBER</b>			
10:30am – 11:30am <b>COST: SENIORS \$5</b>	<b>Discover Brighton</b> <i>hosted by Brighton Historical Society</i> Brighton Historical Society volunteers invite you to join them on a guided walking tour to discover the early public buildings and significant homes of Brighton. Each tour is limited to 12 people.	<b>Brighton Historical Society</b> 32 Wilson Street, Brighton	Bookings are essential 9553 8650 <a href="mailto:brightonhs@gmail.com">brightonhs@gmail.com</a>
10:30am – 11:30am <b>FREE</b>	<b>Strength For Life - Senior's Exercise Class</b> <i>hosted by Brighton Recreational Centre</i> This Strength for Life class, is a low paced exercise class that will teach you to become stronger by altering your fat muscle balance and stimulating your bones to retain calcium. In addition your flexibility, posture and energy levels will be noticeably improved.	<b>Brighton Recreational Centre</b> 93 Outer Crescent, Brighton	Bookings are essential 9592 3033 <a href="mailto:enquiries@brightonrec.com.au">enquiries@brightonrec.com.au</a>
1pm – 4pm <b>FREE</b>	<b>Bayside U3A Open Day</b> <i>hosted by Bayside U3A (University of the Third Age)</i> Enjoy a delicious Devonshire Tea while learning about and experiencing a taste of the wide range of activities that Bayside U3A has to offer. Meet the tutors and enjoy the company of existing members while participating in a Tai Chi class, playing a game of Klop/Finskas, joining a book discussion, learning about modern history and music through the ages.	<b>Beaumaris Seniors Centre</b> 84 Reserve Road, Beaumaris	Bookings are essential <a href="https://baysideu3a.org">https://baysideu3a.org</a>
12noon – 4pm <b>FREE</b>	<b>Snooker Social Day</b> <i>hosted by Beaumaris Senior Citizens Snooker Club</i> Come alone or with friends to try out your snooker skills on one of the two majestic 3/4 size tables. You can choose to play snooker, billiards or pool. Bring along your own cue or use one of the clubs. Friendly members will be available to teach you news skills and answer any questions.	<b>Beaumaris Seniors Centre</b> 84 Reserve Road, Beaumaris	Bookings are essential <a href="mailto:3viking3@gmail.com">3viking3@gmail.com</a>
2pm – 4pm <b>FREE</b>	<b>Device Advice</b> <i>hosted by Bayside Library Service</i> If you need a helping hand to assist with your device such as "how do I add a contact" or digital bravery, this session is available without needing to book? Assistance in accessing the library's eResources including eBooks, eAudiobooks and eMagazines is also available in a 15 minute session with one of our friendly library tech volunteers.	<b>Sandringham Library</b> 8 Waltham Street, Sandringham	Bookings are essential 9261 7125 <a href="mailto:libraryevents@bayside.vic.gov.au">libraryevents@bayside.vic.gov.au</a> <a href="http://www.trybooking.com/760772">www.trybooking.com/760772</a>

Time	Event	Where	Bookings
<b>WEDNESDAY 20 OCTOBER</b>			
3pm – 3.45pm <b>FREE</b>	<b>Slow Art in Conversation</b> <i>hosted by Bayside Gallery</i> Did you know, on average, a person spends just 27 seconds looking at a great work of art before moving on? We will spend some quality time with some great works of art by some of the leading Heidelberg School artists, created right here in Bayside. Together we will explore and chat about what we find. Perfect for art novices and aficionados alike!	Online	Bookings are essential 9599 4720 <a href="mailto:galleries@bayside.vic.gov.au">galleries@bayside.vic.gov.au</a> <a href="http://www.trybooking.com/BTONM">www.trybooking.com/BTONM</a>
<b>THURSDAY 21 OCTOBER</b>			
11am – 12pm <b>FREE</b>	<b>Ancestry Discovery – Library Edition</b> <i>hosted by Bayside Library Service</i> Librarians Heather and Natasha will assist you in using Ancestry.com so you can discover your family's past.	Online	Bookings are essential 9261 7125 <a href="http://www.trybooking.com/805434">www.trybooking.com/805434</a>
1:30pm – 3:30pm <b>FREE</b>	<b>Croquet and Afternoon Tea</b> <i>hosted by Brighton Croquet Club</i> Introduction to the game of croquet, watch a game in progress, and have a lesson on the basics of the game.	<b>Brighton Croquet Club</b> 6 Bleazby Avenue, Brighton	Bookings are essential <a href="mailto:brightoncroquetclub@gmail.com">brightoncroquetclub@gmail.com</a>
<b>FRIDAY 22 OCTOBER</b>			
11:45am – 12:45pm <b>FREE</b>	<b>Movement to Movement - Senior's Exercise Class</b> <i>hosted by Brighton Recreational Centre</i> This Movement to Movement exercise class begins with some low impact, easy to follow aerobics and progresses to balance and core strength exercises. This hour of fun finishes with stretching.	<b>Brighton Recreational Centre</b> 93 Outer Crescent, Brighton	Bookings are essential 9592 3033 <a href="mailto:enquiries@brightonrec.com.au">enquiries@brightonrec.com.au</a>
1pm – 2pm <b>FREE</b>	<b>My Digital Legacy</b> <i>hosted by Bayside Library Service</i> More and more frequently, our important documents, accounts and memories are stored online and can be lost if we don't plan for what happens to them after we die. This session will explain what is meant by a Digital Legacy and how you can manage your digital assets as part of your estate.	<b>Sandringham Library</b> 8 Waltham St, Sandringham	Bookings are essential 9261 7125 <a href="mailto:libraryevents@bayside.vic.gov.au">libraryevents@bayside.vic.gov.au</a> <a href="http://www.trybooking.com/794714">www.trybooking.com/794714</a>
<b>SUNDAY 24 OCTOBER</b>			
2pm – 3pm <b>FREE</b>	<b>Teddy Bears Picnic</b> <i>hosted by Bayside Gallery</i> To celebrate the latest exhibition at Bayside Gallery, The Soft Library by Cat Rabbit, bring along your grandchildren, or special little people in your life and join Cat and the "Libearians" for a special day out. Pack a picnic, rug, and your best furry teddy friend, and enjoy some bear themed fun and entertainment!	<b>Bayside Gallery</b> Cnr Carpenter and Wilson Streets, Brighton	Bookings are essential 9599 4720 <a href="mailto:galleries@bayside.vic.gov.au">galleries@bayside.vic.gov.au</a> <a href="http://www.trybooking.com/BTONV">www.trybooking.com/BTONV</a>

<b>BAYSIDE LIBRARY</b>			
Check Library for opening hours <b>FREE</b>	<b>Create. Play. Learn.</b> <i>hosted by Bayside Library Service</i> Bayside Library Service offers a digitization station for public use, free at Sandringham Library! In our Create. Play. Learn. space, you can convert VHS tapes, negatives, slides and photos, into digital formats that you can view on modern day devices.	<b>Sandringham Library</b> 8 Waltham Street, Sandringham	Bookings are essential 9261 7125 <a href="mailto:libraryevents@bayside.vic.gov.au">libraryevents@bayside.vic.gov.au</a>  NEW TECHNOLOGIES

# Victorian Seniors Festival Reimagined 2021



# Free radio broadcasts available online and live on Victorian community radio stations

## Tune into 88.3 Southern FM to enjoy Victorian Seniors Festival programs

Southern FM - The Sounds of the Bayside is your community radio station for Bayside and southern Melbourne, serving the municipalities of Bayside, Glen Eira, Kingston and parts of Port Phillip and Stonnington. They are pleased to partner with the Victorian Seniors Festival to present radio programs for your enjoyment.

## 88.3 Southern FM Schedule for September and October 2021

Southern FM present 2021 Victorian Seniors Festival programs from 2pm to 4pm every Thursday. Featuring music, radio plays, documentaries and Conversations with the Commissioner for Senior Victorians series.

Southern FM also presents lots of other programs for seniors every day of the week. Choose from talk, sport and music programs 24 hours a day, seven days a week. You can also listen online at [southernfm.com.au](http://southernfm.com.au) or via the TuneIn Radio App.



All the video broadcasts and radio programs produced for the 2021 Victorian Seniors Festival reimagined are available to watch and listen to at Seniors Online [seniorsonline.vic.gov.au/festivalsandawards](http://seniorsonline.vic.gov.au/festivalsandawards)

