

Welcome to the Seniors Festival Program 2021



All events listed are subject to current Victorian Government COVID-19 restrictions and guidelines.

Event category

social



arts & crafts



information & education



music & entertainment



health & wellbeing



gardening & nature



Important information

- Need assistance booking?
Call Council's Positive Ageing Officer on 9433 3345
- Do you need transport to attend an event listed in this program?
Contact Community Transport on 9433 3723 or community.transport@nillumbik.vic.gov.au. Eligibility may apply, limited seats available.
- Keep up-to-date, scan the QR or visit nillumbik.vic.gov.au/seniors-festival



Online events

Some events listed in this program are online, and will require you to have an internet enabled computer or device such as a smart phone, and be able to download Zoom.

You'll be provided with the Zoom meeting link when you register for the event. If you would like assistance with downloading and using Zoom, call Council's Positive Ageing Officer on 9433 3345.

PROGRAM OF EVENTS

social



Visits to Montsalvat

FREE

Monday 7, 14, 21 and 28 October
10am-4pm

BOOK

Free entrance to the iconic artist's colony in Eltham.

Where Montsalvat, 7 Hillcrest Avenue Eltham.

Information phone 9439 7712

Poetry reading

FREE

Wednesday 1 December
3.30-5.30pm

BOOK

Join poet Anne M. Carson for a celebration of poetry to close Seniors Festival for 2021.

We'll hear poems submitted by residents to the inaugural Age on the Page poetry challenge. The poems explore issues surrounding ageing, with themes that challenge ageism including wisdom, independence, stereotypes, what it means to be an elder, and identity.

Where Bridges Restaurant,
1075 Heidelberg-Kinglake Road, Hurstbridge

Registration required phone 9433 3345
nillumbik.vic.gov.au/poetry-challenge

Intergenerational storytime and seed planting

FREE

BOOK

Thursday 28 October | 1.30-2.30pm

Invite your grandchild or favourite young person to share stories on friendship. With a special reading by local author Vikki Conley of her beautiful books *Ella and Mrs Gooseberry* and *Amira's Suitcase*.

Where online

www.facebook.com/YarraPlentyRegionalLibrary

YPRL and Council have organised a limited number of 'friendship bags' for children in time for Children's Week 2021 (23-31 October).

These free bags contain pencils, a book on friendship, seed packets and information on support services for children. To find out more about how you can get a bag for your grandchild, please contact Positive Ageing Officer on 9433 3345 or positive.ageing@nillumbik.vic.gov.au





Community lunch and movie

BOOK

FREE

Thursday 25 November | 11am-3pm

Enjoy a locally sourced community lunch and screening of *Judy*, the movie about Judy Garland's life. Starring Renee Zellweger. Hosted by St Andrews Film Society.

Where Wadumbuk, St Andrews Community Centre, 35 Caledonia St, St Andrews

Registration required phone 0499619240, email to book.dawnmcdonnell@yahoo.com

health & wellbeing



Be In Motion exercise booklet demonstration online session

BOOK

FREE

Tuesday 5 October | 10-10.45am

Be In Motion Exercise At Home



Join Jackie for a free demonstration of the exercises from the 'Be In Motion' booklet so you can work out at home. These exercises are the core basics that help the human body stay strong, prevent falls and keep you feeling confident to enjoy the activities you love.

Registration required phone 9439 2266 or email [Betty active.movers@alignedleisure.com.au](mailto:Betty.active.movers@alignedleisure.com.au)

Call 9433 3345 for your copy of the booklet, or visit nillumbik.vic.gov.au/be-in-motion to download your copy today.

Exercise session with Gabby

BOOK

FREE

Wednesday 24 November | 11am-12pm

Join Gabby, Senior Physiotherapist at Back In Motion Eltham and Onero qualified practitioner to learn more about your bone health and practical balance exercises for home.

Where Allwood House, 901 Main Rd, Hurstbridge

Registration required phone 9433 3345 or email positive.ageing@nillumbik.vic.gov.au

First Aid Information Session

BOOK

FREE

Tuesday 26 | 10.30-11.15am

Michelle Devereux, a First Aid and CPR educator from the Richmond Institute will provide a free 45 minute session about understanding, responding and assisting people who may present signs or symptoms of stroke, anaphylaxis, asthma, choking and heart attack.

Registrations required

If you are interested please email active.movers@alignedleisure.com.au and we will send you the link for the session and additional videos to increase your knowledge.



Learn how to felt

FREE

BOOK

Friday 19 November | 12noon – 2pm

Come along and learn the art of Wet Felting, the process of producing fabric by combining and compressing loose fibres of wool.

Wet Felting - uses water, soap and friction to cause the fibre to open-up and then bind together.

The creations are unique and fun to make. We will also have a demonstration of 3D needle felting on the day. All materials provided.

Where Allwood Neighbourhood House Inc. 901 Heidelberg-Kinglake Rd, Hurstbridge

Registration required phone Vicki 0438 596 344

gardening & nature



Backyard Guinea Pigs

COST

Saturday 2 October | 10-11.30am

BOOK

Great for the grandkids!
Join farmer Rae and learn the basics of keeping guinea pigs at home.

Online workshop
with Edendale Community Environment Farm

Cost \$10 per screen

Registration required phone 9433 3711 or email edendale@nillumbik.vic.gov.au

Growing heirloom tomatoes

FREE

BOOK

Saturday 2 October | 11.30am-3pm

Calling all home gardeners! Growing tomatoes at home is a wonderful backyard crop for summer. Join Penny Woodward at this workshop, and learn how where and how to grow tomatoes, the health benefits of eating tomatoes and more.

Online workshop
with Edendale Community Environment Farm

Registration required phone 9433 3711 or email edendale@nillumbik.vic.gov.au

Home composting for beginners

FREE

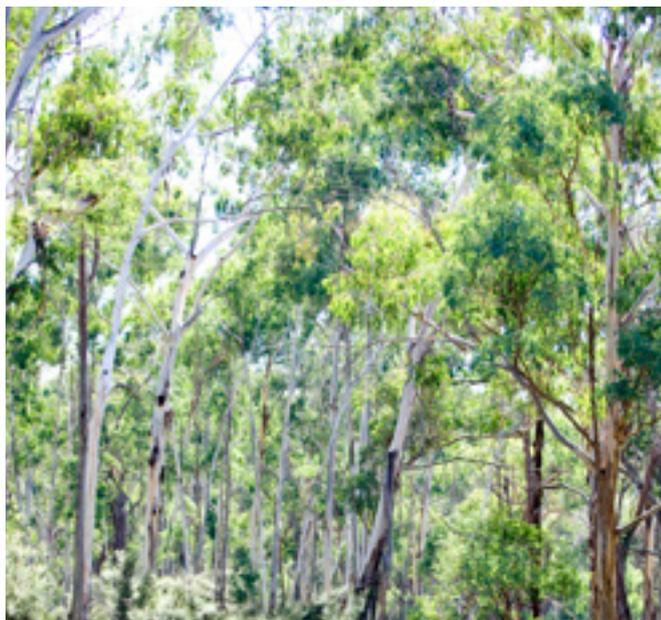
BOOK

Saturday 23 October | 2-3.30pm

Are you home compost curious but not sure where to start? Join Edendale Farm to learn the basics of home composting, including how to set one up and maintain it, and common problems people experience and how to deal with them.

Online workshop
with Edendale Community Environment Farm

Registration required phone 9433 3711 or email edendale@nillumbik.vic.gov.au



Forest bathing

FREE

BOOK

Wednesday 8 November | 1-3pm

Experience the splendour of forest bathing; a mindful meditation for all your senses. Forest bathing means taking in all of one's senses, the forest atmosphere.

Not simply a walk in the woods, it is the conscious and contemplative practice of being immersed in the sights, sounds and smells of the forest. Allow yourself to sip in the smells, take in the contours, textures and colours of the forest while being serenaded by bird song and the whispering of the wind.

Where Bunjil Reserve, meet at 4th entrance opposite 160 Rodger Rd, Panton Hill near the corner of Lawrence Rd

Registration required phone 9433 3345 or email positive.ageing@nillumbik.vic.gov.au

Making sense of your energy bills

FREE

BOOK

Thursday 4 November | 6-7pm

Council has partnered with the Australian Energy Foundation to provide residents with free, expert advice on how to reduce energy consumption and avoid hefty bills.

Get help understanding your bills, tips on shopping around for the best energy tariff, and find out if you are eligible for the \$250 Power Saving Bonus.

Online Zoom link will be provided when you book

Registration required

www.energy-bills-nillumbik.eventbrite.com.au

Downsizing and decluttering

FREE

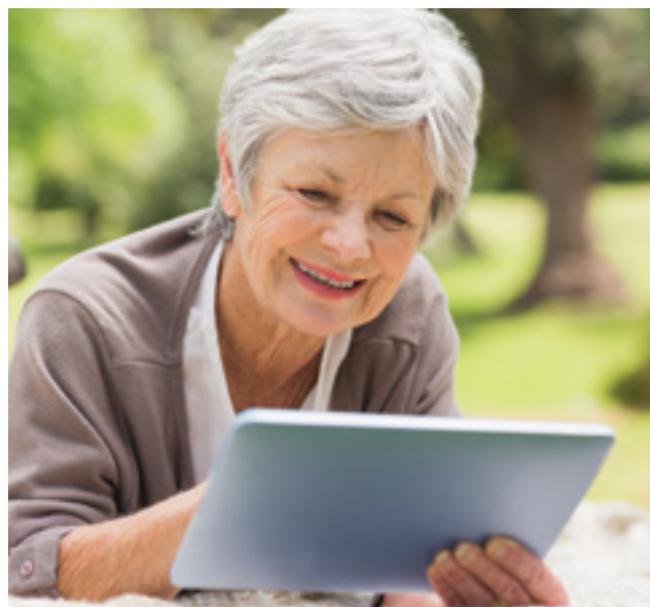
BOOK

Monday 18 October | 10.30am-12pm

Looking to downsize and not sure where to begin? Join Julia from Downsizing Connections on Zoom and learn how to feel more confident and in control on your downsizing journey and leave with a strategic plan.

Online Zoom link will be provided when you book

Registration required phone 0404 293 485 or email info@downsizingconnections.com.au downsizingconnections.com.au/events



Living & Learning Nillumbik

Where
people share,
learn and
connect

To celebrate Seniors Festival 2021 Living & Learning Nillumbik has teamed up with Bolton Clarke to offer the community a range of FREE health and wellbeing information sessions. These sessions are packed with practical advice and strategies to help you get the most out of life. Each one-hour session focuses on a different topic:

CPR and Defibrillation, Monday 11 October 10am

What's more important than knowing how to save a life? Be prepared for an emergency. Learn the basics of resuscitation and how to use a defibrillator.

Falls Prevention, Tuesday 12 October 2pm

One third of people over 65 fall at least once per year. In this session learn why we fall and how to reduce the risk of falling. Learn how to fall-proof yourself!

Master Your Mind, Thursday 14 October 10am

Is stress affecting your day-to-day life? Create a toolbox of techniques to manage stress. Take a deep breath. Mindfulness starts now.

Understanding Dementia, Thursday 21 October 10am

Almost one in 10 people over 65 have dementia in Australia and as we age this number increases substantially. This session will explain what dementia is, its causes, signs and symptoms as well as how to reduce the risks.

Healthy Bladder, Monday 25 October 10am

4.8 million Australians live with bladder weakness. Learn simple tips and exercises to improve control and prevent future bladder problems.

Healthy Skin, Tuesday 26 October 2pm

Your skin changes as you age and is less able to protect and heal itself. Learn how to improve and maintain skin health.



Diamond Creek
119 Cowin Street



Eltham
739 Main Road



Pantom Hill
18 Bishops Road

Bookings are essential and places are limited. Book quick!

To book please phone us on 9433 3744 or email info.livinglearning@nillumbik.vic.gov.au