









Seniors Month

Local activity guide

October 2025

Our local guide will help older people, care partners and family members find fun and affordable events and activities.

-  **Location**
-  **Host**
-  **Bookings***
-  **Cost**
-  **Phone number**
-  **Website/email**

*Bookings for events and activities are essential unless otherwise stated.

For more information, contact our Healthy Ageing Team.

-  **9840 9230**
-  **healthyageing@manningham.vic.gov.au**



Programs and workshops

Wednesday 1 October

6:30pm to 8:30pm

Home Harvest – Therapeutic Horticulture and Healthy Ageing in Gardening

Join therapeutic horticulturist Shani Shafrir to explore the mental and physical health benefits of gardening. Includes a food swap from 6:15pm and seminar at 6:30pm.

📍 1/699 Doncaster Road,
Doncaster

👤 Manningham Council

💰 Free

🌐 [manningham.vic.gov.au/
home-harvest-healthy-ageing](http://manningham.vic.gov.au/home-harvest-healthy-ageing)

✉ [environment@manningham.
vic.gov.au](mailto:environment@manningham.vic.gov.au)

Wednesday 1 October

10:00am to 1:00pm

Community Day at Aquarena

Explore stalls from local health and wellbeing organisations, enjoy free health assessments including EVOLT body composition scans, and visit the Hearing Australia van for a free hearing check. Don't miss the special Members Mingle at 12:00pm, a chance to connect with others over light refreshments and friendly conversation.

📍 Aquarena Aquatic and Leisure
Centre, 139–153 Williamsons
Road, Templestowe Lower

👤 Active Manningham

✓ Not required

💰 Free

☎ 9848 0000

Wednesday 1 October

11:00am to 12:00pm

Heritage Fruits Society Orchard Tour

Visit the Heritage Orchard and meet the volunteers from the Heritage Fruits Society. Learn, explore and enjoy the outdoors. Wear sturdy shoes and bring sun protection.

📍 Petty's Orchards,
1 Homestead Road,
Templestowe (meet at
white marquee)

👤 Heritage Fruits Society

✓ Not required

💰 Free

🌐 [heritagefruitsociety@
gmail.com](mailto:heritagefruitsociety@gmail.com)

Wednesday 1 October
9:00am to 10:00am
Live Fit for Men

This class is designed for men over 50 who want to maintain strength, improve balance and stay active in a fun and supportive environment.

- 🏠 Ajani Neighbourhood House, 2/284 Thompsons Road, Templestowe Lower
- 👤 Ajani Neighbourhood House
- 💰 Free
- 📞 9850 3687
- 🌐 events.humanitix.com/livefit2025



Wednesday 1 October
9:00am to 9:50am
Active Ajani

A 50-minute class for those who want to improve their strength and bone density.

- 🏠 Ajani Neighbourhood House, 2/284 Thompsons Road, Templestowe Lower
- 👤 Ajani Neighbourhood House
- 💰 Free
- 📞 9850 3687
- 🌐 events.humanitix.com/ajani2025

Wednesday 1 October
10:00am to 10:50am
Balance, Posture and Stretching

Improve your mobility with a combination of guided stretches and posture correction.

- 🏠 Ajani Neighbourhood House, 2/284 Thompsons Road, Templestowe Lower
- 👤 Ajani Neighbourhood House
- 📞 9850 3687
- 💰 Free
- 🌐 events.humanitix.com/balance2025



Wednesday 1 October
10:30am to 11:00am
Chair Cardio

Boost your heart health and energy levels in this free seated cardio workout. Just bring a chair – chat with instructor Carol about your fitness goals, too!

- 🏠 Online
- 👤 Third Age Fitness
- 💰 Free
- ✉ carol@thirdagefitness.com.au
- 🔗 bit.ly/2025FestivalBookings

Friday 3 October
10:00am to 12:00pm
Seniors Morning Tea

Celebrate Seniors Month with a glamorous 1920s-themed morning tea featuring live entertainment, dancing and good company. Bookings are essential, and open Monday 1 September.

- 🏠 Manningham Function Centre, 699 Doncaster Road, Doncaster
- 👤 Manningham Council
- 💰 Free
- ☎ 9840 9333
- ✉ manningham.vic.gov.au/seniors-morning-tea



Friday 3 October
10:30am to 11:00am
Chair Strength

Build muscle and stay strong at home with this 30-minute dumbbell workout. Includes time to connect with instructor Carol about your fitness journey.

- 🏠 Online
- 👤 Third Age Fitness
- 💰 Free
- ✉ carol@thirdagefitness.com.au
- 🔗 bit.ly/2025FestivalBookings

Saturday 4 October
11:00am

**Are you prepared
to combat scams?
Information session
with Neville Owen**

This presentation is part of the normal monthly full day (9:00am to 3:00pm) meeting of Apple Users Society of Melbourne (AUSOM) where Special Interest Groups discuss the use of Apple devices including iPad, iPhone, Apple Watch, and Apple Macs.

🏠 Pines Learning and Activity Centre, 1/250 Blackburn Road, Doncaster East

👤 AUSOM

💰 Free

📧 office@ausom.net.au

Saturday 4 October
1:00pm to 3:00pm

**Carers Saturday
Cuppa and Chat**

Join Dr Nakisa Malakooti for a chance for people who care for someone living with a disability, illness and/or ageing to reconnect and find support over a cuppa.

🏠 Pancake Parlour Doncaster, 550 Doncaster Road, Doncaster

👤 Dr Nakisa Malakooti

✓ Not required

💰 Free

🌐 [manningham.vic.gov.au/
events/carers-saturday-cuppa-
and-chat](http://manningham.vic.gov.au/events/carers-saturday-cuppa-and-chat) for more info.

Sunday 5 October
10:30am to 12:30pm

Warrandyte Repair Café

Fix your broken items, from toasters to toys, at the free monthly Repair Café, held the first Sunday at Mechanics Hall. Skilled volunteers and tools provided.

🏠 Corner Yarra Street and Mitchell Avenue, Warrandyte

👤 Warrandyte Mechanics Institute and Arts Association

✓ Not required

💰 Free

📧 [warrandyterepaircafe@
gmail.com](mailto:warrandyterepaircafe@gmail.com)

Monday 6 October
10:00am to 12:00pm
Art of Painting
and Drawing

Work on the basics of composition, colour and tone to find your own style with tutor Clare Mannion. Suitable for beginner through to advanced artists. BYO materials (brushes, paint, canvas, paper etc.)

🏠 Ajani Neighbourhood House,
2/284 Thompsons Road,
Templestowe Lower

👤 Ajani Neighbourhood House

\$ \$5

📞 9850 3687

🌐 [events.humanitix.com/
paintingdrawingsnrweek](https://events.humanitix.com/paintingdrawingsnrweek)



Monday 6 October
10:00am to 11:00am
Smartphone and
Tablet Q&A

This Q&A drop-in session will give you the opportunity to ask a librarian for tech-help. Learn accessibility settings, how to download an app or how to use the calendar for reminders.

🏠 Doncaster Library,
687 Doncaster Road,
Doncaster

👤 Whitehorse Manningham
Libraries

✓ Not required

\$ Free

🌐 [wml.vic.gov.au/Services/
Events-and-Programs/Whats-
On-Guide](https://wml.vic.gov.au/Services/Events-and-Programs/Whats-On-Guide)



Monday 6 October
1:30pm to 3:30pm
Try Lawn Bowls

Lawn bowls is the game for all ages so come along to this friendly and supportive community event. This is an opportunity for you to enjoy a physically gentle outdoor activity in a friendly and welcoming environment. Wear flat-soled shoes. All equipment will be supplied including a cuppa and a biscuit.

🏠 Donvale Bowls Club,
Mullum Mullum Reserve,
Corner Springvale and
Reynolds Roads, Donvale

👤 Donvale Bowls Club

✓ Not required

\$ Free

✉ secretary@donvalebowls.com.au

Monday 6 October
6:30pm to 7:30pm
Writing Workshop:
Memoirs and Mental Health

Jacqui Swallow (author of *The Bipolar Runner*) will share her experiences and insights in a one-hour workshop.

🏠 Doncaster Library,
687 Doncaster Road,
Doncaster

👤 Whitehorse Manningham
Libraries

\$ Free

🔗 wml.vic.gov.au/Services/Events-and-Programs/Whats-On-Guide

Monday 6 October
1:30pm to 2:00pm
Better Balance

Improve strength, flexibility and coordination in this 30-minute balance class. Practise safely at home and chat with instructor Carol before or after.

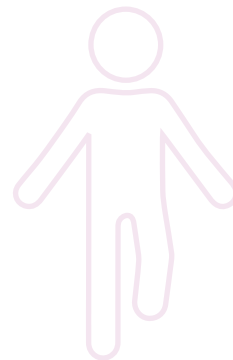
🏠 Online

👤 Third Age Fitness

\$ Free

✉ carol@thirdagefitness.com.au

🔗 bit.ly/2025FestivalBookings



Tuesday 7 October
10:30am to 11:30am
End-of-Life Doula

End-of-Life Doula Yvonne will take you through a comprehensive checklist to give you peace of mind that your loved ones have all the information they may need should the time come.

📍 Bulleen Library,
79/109 Manningham Road,
Bulleen

👤 Whitehorse Manningham
Libraries

\$ Free

🔗 wml.vic.gov.au/Services/Events-and-Programs/Whats-On-Guide

Tuesday 7 October
9:00am to 12:00pm
Gym Demonstration
at Aquarena

Visit Aquarena for a friendly and informative morning of gym demonstrations tailored for older adults. Learn how to safely and confidently use a variety of gym equipment under the guidance of qualified staff. No experience needed, just come along and give it a go!

📍 Aquarena Aquatic
and Leisure Centre,
139–153 Williamsons Road,
Templestowe Lower

👤 Active Manningham

\$ \$5

📞 9848 0000

🔗 activemanningham.com.au/celebrate-seniors-month-with-active-manningham/

Wednesday 8 October
8:30am to 9:00am
Pilates

Strengthen your core and improve flexibility with this free 30-minute mat workout. Great for posture and back health. Just bring a mat!

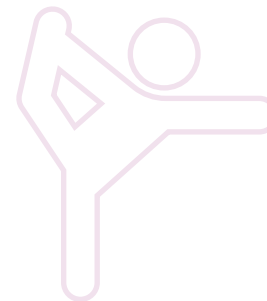
📍 Online

👤 Third Age Fitness

\$ Free

🔗 carol@thirdagefitness.com.au

🔗 bit.ly/2025FestivalBookings



Wednesday 8 October

10:00am to 12:00pm

Healthy Ageing pop-up

Chat with the Healthy Ageing Team about My Aged Care, local clubs and events for older adults in our community.

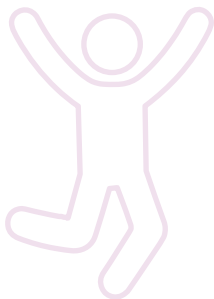
🏠 Aquarena,
139/153 Williamsons Road,
Templestowe Lower

👤 Manningham Council Healthy Ageing

✓ Not required

\$ Free

📞 9840 9230



Wednesday 8 October

11:30am to 12:30pm

How to live at home for longer

Receive advice, tips and insights on how to continue living in your own home well into your senior years.

🏠 2/284 Thompsons Road,
Templestowe Lower

👤 Ajani Neighbourhood House

\$ Free

📞 9850 3687

🔗 events.humanitix.com/how-to-live-at-home-for-longer

Thursday 9 October

1:30pm to 3:30pm

Electrify Your Life – Summer comfort

Join expert presenter Lucinda and learn practical strategies to optimise your home and appliances for summer comfort.

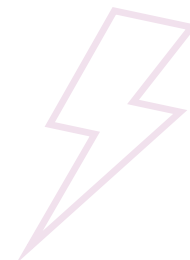
🏠 Pines Learning,
1/520 Blackburn Road,
Doncaster East

👤 Manningham Council

\$ Free

📞 9840 9333

🔗 manningham.vic.gov.au/summer-comfort



Thursday 9 October
10:00am to 11:30am
Walking Basketball

Enjoy low-impact, fun basketball sessions perfect for seniors or those returning to activity. All levels welcome. Morning tea provided.

🏠 Bulleen Basketball
Stadium White Court,
33 Sheahans Road,
Bulleen

👤 Bulleen Templestowe
Basketball Club

✓ Not required

\$ Free

📞 8849 0525

✉ communityofficer@
bulleenboomers.com.au

Thursday 9 October
9:00am to 12:00pm
Gym Demonstration
at Aquarena

Visit Aquarena for a friendly and informative morning of gym demonstrations tailored for older adults. Learn how to safely and confidently use a variety of gym equipment under the guidance of qualified staff. No experience needed, just come along and give it a go!

🏠 Aquarena Aquatic
and Leisure Centre,
139–153 Williamsons Road,
Doncaster

👤 Active Manningham

\$ \$5

📞 9848 0000

🔗 [activemanningham.com.au/
celebrate-seniors-month-
with-active-manningham/](http://activemanningham.com.au/celebrate-seniors-month-with-active-manningham/)

Friday 10 October
from 9:00am
Digital Room at
Doncaster: Hands-On
Learning Sessions

Book a 30-minute one-on-one session with a branch librarian to learn how to digitise family photos, convert VHS tapes and navigate library equipment.

🏠 Doncaster Library,
687 Doncaster Road,
Doncaster

👤 Whitehorse Manningham
Libraries

\$ Free

🔗 [wml.vic.gov.au/Services/
Events-and-Programs/Whats-
On-Guide](http://wml.vic.gov.au/Services/Events-and-Programs/Whats-On-Guide)

Sunday 12 October
9:30am to 11:00am
Embracing Wellness:
Celebrating the 2025
Seniors Festival with
Empowering Tai Chi
Practice

Try Chen-style Tai Chi in these free trial sessions for seniors. All welcome.

- 🏠 David Perry Hall,
Doncaster Secondary College,
123 Church Street, Doncaster
- 👤 Australian Oriental Martial
Arts Tai Chi Inc.
- ✓ Not required
- \$ Free
- 📧 ad@awcc.com.au

Monday 13 October
10:00am to 12:00pm
Art of Painting
and Drawing

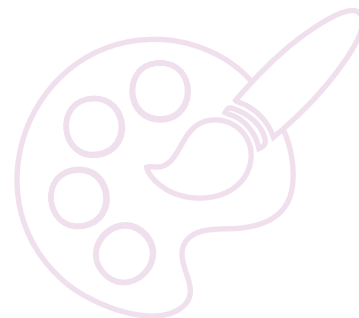
Work on the basics of composition, colour and tone to find your own style with tutor Clare Mannion. Suitable for beginner through to advanced artists. BYO materials (brushes, paint, canvas, paper etc.)

- 🏠 Ajani Neighbourhood House,
2/284 Thompsons Road,
Templestowe Lower
- 👤 Ajani Neighbourhood House
- \$ \$5
- 📞 9850 3687
- 🔗 [events.humanitix.com/
paintingdrawingsnrweek](https://events.humanitix.com/paintingdrawingsnrweek)

Monday 13 October
1:00pm to 2:00pm
Costanzo Lawyers –
wills and estates

A free community session to learn all you need to know about updating your will.

- 🏠 2/284 Thompsons Road,
Templestowe Lower
- 👤 Ajani Neighbourhood House
- \$ Free
- 📞 9850 3687



**Tuesday 14 October
11:00am to 12:00pm
Backyard Birds of
Warrandyte**

Join John Harris, Principle Ecological Consultant at Wildlife Experiences, to learn more about the local birds of Warrandyte.

🏠 Warrandyte Library,
168 Yarra Street, Warrandyte

👤 Whitehorse Manningham
Libraries

💰 Free

🔗 [wml.vic.gov.au/Services/
Events-and-Programs/Whats-
On-Guide](http://wml.vic.gov.au/Services/Events-and-Programs/Whats-On-Guide)

**Tuesday 14 October
10:30am to 11:00am
Building Strength**

Join Carol for a free online standing workout to build strength and fitness. Just bring dumbbells and enjoy a supportive, energising session.

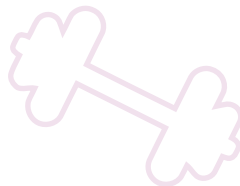
🏠 Online

👤 Third Age Fitness

💰 Free

🔗 carol@thirdagefitness.com.au

🔗 bit.ly/2025FestivalBookings



**Tuesday 14 October
10:00am to 12:00pm
Challenging assumptions
and stereotypes about
ageing with Linda Black**

Join rebel elder Linda Black for an interactive session that aims to challenge the negative stereotypes about ageing that we are exposed to in Western culture. Bring a pen and paper to fully participate.

🏠 Manningham Function
Centre, Function Room 1,
699 Doncaster Road,
Doncaster

👤 Rebel Elders, Linda Black

💰 Free

🔗 9840 9230

🔗 [manningham.vic.gov.au/
assumptions-about-ageing](http://manningham.vic.gov.au/assumptions-about-ageing)

Wednesday 15 October
10:30am to 11:30am
Electrify Your Life –
Drop-in Information
Session

Curious about going all-electric? Drop in and talk with Council staff to learn more and discover how the Solar Savers program can make the process easier for you.

- 🏠 The Pines Library,
Reynolds Road and
Blackburn Road East,
Doncaster
- 👤 Manningham Council
- \$ Free
- ✓ Not required

Wednesday 15 October 2025
1:00pm to 3:00pm
Planning for the Future
and Decision-Making
Capacity

Join this free session to guide future planning and support decision-making capacity.

- 🏠 Manningham Uniting Church
and Community Centre
Auditorium, 109 Wood Street,
Templestowe
- 👤 Eastern Community Legal
Centre
- \$ Free
- 📞 9846 2012 or Healthy Ageing
team 9840 9355

Friday 17 October
10:30am to 11:00am
Stretch and Relax

Start your day gently with seated stretching and breathing exercises to ease stiffness and improve flexibility. Just bring a chair and wear something comfy!

- 🏠 Online
- 👤 Third Age Fitness
- \$ Free
- ✉ carol@thirdagefitness.com.au
- 🔗 bit.ly/2025FestivalBookings



Friday 17 October
11:00am to 12:00pm

Walk, Talk and Coffee at Mullum Mullum Stadium

Meet at stadium reception for a relaxed social walk along the scenic Mullum Mullum Trail. This 30-minute to one hour walk is a great way to connect with others and enjoy the outdoors. After the walk, enjoy a free coffee and chat. If the weather isn't suitable, an indoor alternative will be offered.

🏠 Mullum Mullum Stadium
31 Springvale Road,
Donvale

👤 Active Manningham

\$ Free

📞 9848 0000

🌐 activemanningham.com.au/celebrate-seniors-month-with-active-manningham/

Saturday 18 October
10:00am to 11:00am

Therapeutic Horticulture Activity

Join a speech therapist-led garden activity at Kevin Heinze Grow's Spring Celebration. Learn about therapeutic horticulture and take your creation home.

🏠 39 Wetherby Road,
Doncaster

👤 Kevin Heinze GROW

\$ Free

📞 9848 3695

📧 info@kevinheinzegrow.org.au



Monday 20 October
9:00am to 3:00pm

Manningham Community Transport Seniors Outing

Experience the electrifying sounds of the Air Force Big Band, the Royal Australian Air Force's premier 17-piece Swing and Jazz ensemble. Cost includes round trip from your doorstep, coffee, entry ticket and lunch.

🏠 Arts Centre Melbourne,
100 St Kilda Road,
Southbank

👤 Manningham Community Transport

✓ Bookings required by
October 15

\$ \$60

📞 9870 7822 (press 3 for
Manningham residents)

Monday 20 October
1:15pm to 2:45pm
Armchair Travel

Take a virtual trip to a new city or country, followed by afternoon tea.

- 🏠 Currawong Bush Park Function Centre,
277-285 Reynolds Road
Warrandyte
- 👤 Access Health and Community
- ✓ Bookings required by
13 October
- \$ Free
- 📞 8595 4596
- ✉️ socialsupport@accesshc.org.au

Monday 20 October
1:30pm to 3:30pm
Try Lawn Bowls

Join in for an opportunity to enjoy a physically gentle outdoor activity in a friendly and welcoming environment. Wear flat-soled shoes. All equipment will be supplied including a cuppa and a biscuit.

- 🏠 Donvale Bowls Club,
Mullum Mullum Reserve,
Corner Springvale and
Reynolds Roads, Donvale
- 👤 Donvale Bowls Club
- ✓ Not required
- \$ Free
- ✉️ secretary@donvalebowls.com.au

Monday 20 October
6:30pm to 7:30pm
Grow your own cut flowers

Join Sustainable Gardening Australia to learn how to grow your own cut flowers. The session covers choosing the best location, soil preparation, what to grow when, and tips for getting the best blooms from what you grow.

- 🏠 Doncaster Library,
687 Doncaster Road,
Doncaster
- 👤 Whitehorse Manningham Libraries
- \$ Free
- 🌐 wml.vic.gov.au/Services/Events-and-Programs/Whats-On-Guide



Monday 20 October
11:00am to 12:30pm

Trivia

Join trivia and brain teasers in small teams. A fun, social way to test your knowledge. Morning tea included.

🏠 Currawong Bush Park
Function Centre,
277-285 Reynolds Road,
Warrandyte

👤 Access Health and
Community

✓ Bookings required by
13 October

\$ Free

📞 8595 4596

✉ socialsupport@accesshc.
org.au

Tuesday 21 October
9:00am to 12:00pm

Gym Demonstration at Aquarena

Visit Aquarena for a friendly and informative morning of gym demonstrations tailored for older adults. Learn how to safely and confidently use a variety of gym equipment under the guidance of qualified staff. No experience needed, just come along and give it a go!

🏠 Aquarena Aquatic
and Leisure Centre,
139-153 Williamsons Road,
Templestowe Lower

👤 Active Manningham

\$ \$5

📞 9848 0000

✉ [activemanningham.com.au/
celebrate-seniors-month-
with-active-manningham/](https://activemanningham.com.au/celebrate-seniors-month-with-active-manningham/)

Tuesday 21 October
10:30am to 1:00pm

Electrify Your Life – Low waste induction cooking workshop

Curious about switching to induction cooking? Keen to reduce waste in your kitchen? Join Open Table for a hands-on cooking workshop and community lunch.

🏠 Ajani Neighbourhood House,
2/284 Thompsons Road,
Templestowe Lower

👤 Manningham Council in
partnership with Ajani
Neighbourhood House

\$ \$10

✉ [manningham.vic.gov.au/
events/electrify-your-life-low-
waste-induction-cooking](https://manningham.vic.gov.au/events/electrify-your-life-low-waste-induction-cooking)

Tuesday 21 October
10:00am to 12:00pm
Weaving Play at Heide

Join us at Heide's Education Centre for this tactile and creative workshop with a weaver from the Australian Tapestry Workshop. This weaving workshop requires no previous skills.

- 🏠 Sidney Myer Education Centre, Heide Museum of Modern Art, 7 Templestowe Road, Bulleen
- 👤 Heide Museum of Modern Art
- 💰 Manningham residents/Heide members \$65; Seniors \$85; Adults \$100 (Museum admission included)
- 🔗 events.humanitix.com/weaving-play-at-heide

Wednesday 22 October
2:30pm to 3:30pm
How to grow tomatoes successfully

Learn how to grow your own tomatoes successfully with the experts from Kevin Heinze Grow. Ripe, juicy spring-fresh tomatoes, ready to add to any meal.

- 🏠 The Pines Library, Reynolds Road and Blackburn Road East, Doncaster
- 👤 Whitehorse Manningham Libraries and Kevin Heinze Grow
- 💰 Free
- 🔗 wml.vic.gov.au/Services/Events-and-Programs/Whats-On-Guide

Wednesday 22 October
2:30pm to 3:30pm
Train Your Brain

Keep your brain young, flexible and active by playing games on your device that are designed to improve your cognitive function and overall brain health.

- 🏠 The Pines Library, Reynolds Road and Blackburn Road East, Doncaster
- 👤 Whitehorse Manningham Libraries
- 💰 Free
- 🔗 wml.vic.gov.au/Services/Events-and-Programs/Whats-On-Guide



Wednesday 22 October
10:30am to 11:00am
Cardio Walking

Boost your heart health with this fun, low-impact walking workout. Stay active from home with standing movements for stamina and energy.

🏠 Online

👤 Third Age Fitness

💰 Free

📧 carol@thirdagefitness.com.au

🔗 bit.ly/2025FestivalBookings



Thursday 23 October
9:00am to 12:00pm
Gym Demonstration
at Aquarena

Visit Aquarena for a friendly and informative morning of gym demonstrations tailored for older adults. Learn how to safely and confidently use a variety of gym equipment under the guidance of qualified staff. No experience needed, just come along and give it a go!

🏠 Aquarena Aquatic and Leisure Centre,
139–153 Williamsons Road,
Templestowe Lower

👤 Active Manningham

💰 \$5

📞 9848 0000

🔗 activemanningham.com.au/celebrate-seniors-month-with-active-manningham/

Friday 24 October
10:30am to 11:30am
Communicating with
others online: Zoom,
WhatsApp, Facetime
and more

Do you use your smartphone to make voice calls and not much more? Find out how to make video calls, send messages and more.

🏠 Bulleen Library,
79/109 Manningham Road,
Bulleen

👤 Whitehorse Manningham Libraries

💰 Free

🔗 wml.vic.gov.au/Services/Events-and-Programs/Whats-On-Guide

Sunday 26 October
9:30am to 12:30pm

The World's Biggest Sit In

Be part of a world record attempt for the largest chair-based exercise class! Free to join and open to all abilities.

🏠 Online

👤 Musculoskeletal Health
Australia

\$ Free

📧 info@muscha.org.au

📧 [give.muscha.org/register/
worlds-biggest-sit-in/register](https://give.muscha.org/register/worlds-biggest-sit-in/register)

Saturday 11th and
25th October 2025
9:30am to 11:00am

Embracing Wellness: Celebrating the 2025 Seniors Festival with Empowering Tai Chi Practice

Try Chen-style Tai Chi in these free trial sessions for seniors. All welcome.

🏠 David Perry Hall,
Doncaster Secondary College,
123 Church Street, Doncaster

👤 Australian Oriental Martial
Arts Tai Chi Inc.

✓ Not required

\$ Free

📧 ad@awcc.com.au

Monday 27 October
6:30pm to 7:30pm

Author Talk with Amanda Hampson

Join author Amanda Hampson as she introduces *The Deadly Dispute*. Set in 1967 Sydney, this cosy crime novel reunites readers with the intrepid tea ladies – Hazel, Betty, and Irene – as they uncover secrets, scandals and sticky situations.

🏠 Doncaster Library,
687 Doncaster Road,
Doncaster

👤 Whitehorse Manningham
Libraries

\$ Free

📧 [wml.vic.gov.au/Services/
Events-and-Programs/Whats-
On-Guide](https://wml.vic.gov.au/Services/Events-and-Programs/Whats-On-Guide)

Monday 27 October
7:00pm to 8:30pm
Aged Care Specialists
Victoria Information
Session

Join Claudia Rigoni-Brazzale, Aged Care Specialist, for an informative session that covers the key changes to the Aged Care System, beginning 1 November.

- 🏠 Manningham Function Centre, Function Room 1, 699 Doncaster Road, Doncaster
- 👤 Claudia Rigoni-Brazzale, Aged Care Specialists Victoria
- \$ Free
- 📞 9840 9230
- 🌐 manningham.vic.gov.au/aged-care-specialists

Monday 27 October
11:00am to 12:30pm
Brain Challenge

Exercise your mind with puzzles, riddles and word games in a relaxed, social setting. Morning tea included.

- 🏠 Currawong Bush Park Function Centre, 277-285 Reynolds Road, Warrandyte
- 👤 Access Health and Community
- ✓ Bookings required by 20 October
- \$ Free
- 📞 8595 4596
- ✉ socialsupport@accesshc.org.au

Wednesday 29 October
10:00am to 12:00pm
Healthy Ageing pop-up

Chat with the Healthy Ageing Team about My Aged Care, local clubs and events for older adults in our community.

- 🏠 Ajani Neighbourhood House, 2/284 Thompsons Road, Templestowe Lower
- 👤 Manningham Council Healthy Ageing
- \$ Free
- ✓ Not required
- 📞 9840 9230

Thursday 30 October
11:30am to 1:00pm
Seniors Silent Disco

Move, groove and connect at this inclusive silent disco designed for older adults, including people living with dementia and their carers.

🏠 Manningham Function Centre, 699 Doncaster Road, Doncaster

👤 Manningham Council

\$ Free

📞 9840 9230

📍 manningham.vic.gov.au/seniors-silent-disco

Thursday 30 October
10:00am to 12:00pm
Electrify Your Life – Summer comfort

Join expert presenter Lucinda and learn practical strategies to optimise your home and appliances for summer comfort.

🏠 Doncaster Library, 687 Doncaster Road, Doncaster

👤 Manningham Council

\$ Free

📍 manningham.vic.gov.au/events/electrify-your-life-summer-comfort-doncaster

Thursday 30 October
1:30pm to 2:30pm
CPR For Seniors

People aged 55 plus are invited to join the free CPR for Seniors 'Resuscitate a Mate' Session.

🏠 Pines Learning, 1/520 Blackburn Road, Doncaster East

👤 Pines Learning Activity Room

\$ Free

📞 9824 6726

📍 pineslearning.com.au/community-programs/



Thursday 30 October
3:00pm to 4:00pm
Caring for your eyes
and ears

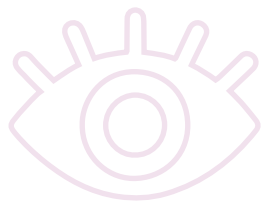
Join local optometrists and audiologists in this supportive and informative session on the importance of eye exams for over 50s; early detection of eye conditions; and other valuable information.

🏠 Pines Learning,
1/520 Blackburn Road,
Doncaster East

👤 Pines Learning

💰 Free

📞 9842 6726



Friday 31 October
11:00am to 12:00pm
Walk, Talk and Coffee at
Mullum Mullum Stadium

Meet at stadium reception for a relaxed social walk along the scenic Mullum Mullum Trail. This 30-minutes to one hour walk is a great way to connect with others and enjoy the outdoors. After the walk, enjoy a free coffee and chat. If the weather isn't suitable, an indoor alternative will be offered.

🏠 Mullum Mullum Stadium,
31 Springvale Road,
Donvale

👤 Active Manningham

💰 Free

📞 9848 0000

🔗 activemanningham.com.au/celebrate-seniors-month-with-active-manningham/

Mondays in October
10:00am to 3:00pm
Badminton and Table
Tennis at DISC

Enjoy discounted entry to play badminton and table tennis, Mondays during Seniors Month. For ages 50+. Badminton 12:30pm – 3:00pm. Table Tennis 10:00am – 12:00pm and 12:30pm – 3:00pm. Customers must show their Seniors Card or mention Seniors Month to receive the discount.

🏠 Manningham DISC,
360-368 Springvale Road,
Donvale

👤 Active Manningham

✓ Not required

💰 \$3 per session

📞 8841 4555



Tuesdays in October **9:30am to 11:30am** **Walking Group**

Come and explore various walking trails through Manningham. Wear comfortable clothes and walking shoes.

- 🏠 Ajani Neighbourhood House,
2/284 Thompsons Road,
Templestowe Lower
- 👤 Ajani Neighbourhood House
- ✓ Not required
- \$ \$3 per session
- 📞 9850 3687



Mondays in October **11:00am to 12:00pm** **Talking Café**

Talking Cafes are weekly drop-in sessions for friendly conversation, local information, and meeting new people.

No bookings needed – just drop in!

- 🏠 Moon and Spoon Café,
The Pines Shopping Centre,
181 Reynolds Road,
Doncaster East
- 👤 Living Our Best Life Project,
Managed by Community
Houses Association of the
Outer-eastern Suburbs
- \$ Free
- ✓ Not required
- 📞 0457 646 384

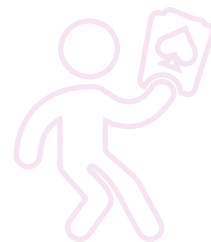
Tuesdays in October **1:00pm to 3:00pm** **Bridge Club**

Come and learn to play bridge. All coaching and cards supplied for those who need it.

Make new friends and challenge your brain!

This is a fun, structured session led by a long-time bridge player.

- 🏠 Ajani Neighbourhood House
2/284 Thompsons Road,
Templestowe Lower
- 👤 Ajani Neighbourhood House
- \$ \$3 per session
- ✓ Not required
- 📞 9850 3687



Getting there

Manningham residents are encouraged to make use of the Manningham Community Transport Service, delivered by EV Strengthening Communities, to get you where you need to be.

Manningham Community Transport offers a regular bus schedule that connects you to various places throughout Manningham, such as:

- shopping centres
- social groups and clubs
- recreation and leisure centres
- libraries.

EV also offers transport for access to medical appointments.

To learn more or to book transport today, contact EV on 9870 7822.

*Victorian Seniors Card and Seniors Business Discount cardholders can enjoy 8 days of free public transport throughout Victoria from 6 October to 13 October 2025. Seniors must hold a valid Seniors Myki Card, and touch on and off, no fare will be deducted.





Connect, create and celebrate at the Victorian Seniors Festival

The Victorian Seniors Festival returns this October with a range of free and low-cost events for older Victorians.

Celebrate positive ageing and take part in events and activities close to home and right across the state. The Victorian Seniors Festival encourages everyone to get involved, share joy and have fun.

This year's Victorian Seniors Festival theme, *Connect, Create, Celebrate*, invites older Victorians to come together, discover new interests and celebrate.



Visit Seniors Online to view the online
event calendar

seniorsonline.vic.gov.au/festival

Important contacts

Contact details for organisations and agencies that can support and help older Victorians.

Compass

Elder abuse resources and information for older Australians and for the people who support them.

☎ 1800 353 374

COTA Victoria

Council on the Ageing (COTA) Victoria offers information, support, activities and education programs for older people.

☎ 1300 135 090

Dementia Australia

Dementia Australia is the national peak body supporting people living with dementia, their families and carers.

☎ 1800 100 500

Eastern Community Legal Centre

ECLC is a multidisciplinary legal service that works to prevent problems, progress fair outcomes and support the wellbeing and resilience of communities and community members in Melbourne's East.

☎ 1300 325 200

Elder Rights Advocacy

Helping older people, their families and representatives in Victoria with issues to do with aged care services.

☎ 1800 700 600

My Aged Care

Helping older people accessing Australian Government-funded aged care services.

☎ 1800 200 422

Office of the Public Advocate

An independent statutory officer promoting and safeguarding the legal rights and interests of vulnerable Victorians.

☎ 1300 309 337

Seniors Rights Victoria

Seniors Rights Victoria offer help and advice on the rights of older people and work to prevent elder abuse.

☎ 1300 368 821

Healthy Ageing in Manningham starts here

Whether you're an older person, or caring for someone who is, we're here to help you live well.

Our friendly Healthy Ageing team can assist older Manningham residents and their care partners to:

- access government-funded supports and services
- find local clubs and community groups
- navigate My Aged Care; and
- stay up to date on what's happening in Manningham.

Contact our Healthy Ageing Team

8:30am to 5:00pm (Monday to Friday)

📞 9840 9230

✉️ healthyageing@manningham.vic.gov.au

🌐 manningham.vic.gov.au/healthy-ageing

Visit us in person at the
Civic Centre, 699 Doncaster Road, Doncaster



Subscribe to receive
monthly updates from the
Healthy Ageing Team
manningham.vic.gov.au



Interpreter service **9840 9355**

普通话 廣東話 Ελληνικά Italiano العربية فارسی

