

Victorian Seniors Festival 2024



Locations

Currawong Bush Park Function Centre
277-285 Reynolds Road, Doncaster East

Greythorn Community Hub
2 Centre Way, Balwyn North

Senior Citizens Centre in Warrandyte
8 Taroon Avenue, Warrandyte

Registering

You must register for each activity you wish to attend by:

- Calling 9006 6590, or
- Emailing info@trentwood.org.au

Cost

To come and try, most activities will be free to attend in October. Information sessions have a small cost. For ongoing enrolments, some groups may require a My Aged Care referral.



Celebrate Seniors Month in October

Trentwood Community House and Access Health and Community are marking the month with free activities and workshops. Something of interest for everyone!

**For more information, please call 9006 6590,
or email info@trentwood.org.au.**

trentwood
at the hub
your local community house



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30</p>	<p>1 Seniors Fire Safety Program Presented by Fire Rescue Australia 11am - 1pm Gold coin Greythorn Community Hub</p>	<p>2 Social Sing Along Sing along with a keyboard accompaniment 10am - 12pm Free Greythorn Community Hub</p>	<p>3 Movie and Discussion Sit back, relax, and watch an old favourite, or a new film 10am - 12.30pm Free Currawong Bush Park</p>	<p>4</p>
<p>7 Art Appreciation 11am - 12.30pm Free Games with Friends 1.15 - 2.45pm Free Currawong Bush Park</p>	<p>8</p>	<p>9 Enjoying Poetry Together 10.30am - 12pm Free Belly Dancing 10 - 11am Free Greythorn Community Hub</p>	<p>10 First Aid Basics Common first aid situations, presented by Bolton-Clarke 2.30 - 3.30pm Gold coin Greythorn Community Hub</p>	<p>11 Strength and Balance A slow, mindful, low-intensity workout 11.15am - 12.15pm Free Greythorn Community Hub</p>
<p>14 Flicks with Friends Approximately 10am Cost of movie- Approx \$17 Time to be confirmed Forest Hill Hoyts</p>	<p>15</p>	<p>16 Chair Yoga Strengthen the body and ease tension 11am - 12pm Free Greythorn Community Hub</p>	<p>17</p>	<p>18 Introduction to Genealogy 1 - 3pm \$10 Greythorn Community Hub</p>
<p>21 Trivia 11am - 12.30pm Free Armchair Travel 1.15 - 2.45pm Free Currawong Bush Park</p>	<p>22</p>	<p>23 Book Group Discuss an old favourite or a recent read with no set book. 1 - 3pm Free Greythorn Community Hub</p>	<p>24 Senior Carers Group Ageing Well presentation, followed by lunch 10am - 1pm \$10 Currawong Bush Park</p>	<p>25</p>
<p>28 Nutrition for Seniors General nutrition information for seniors 1.30 - 2.30pm \$6 Greythorn Community Hub</p>	<p>29 Walking Group Banksia Park (Near Heide Kitchen) Melways 32 E5 9.30 - 11am Free</p>	<p>30 Art Class for Seniors (Artlinks) Creative art group 10am - 12pm Free Senior Citizens Centre in Warrandyte</p>	<p>31</p>	<p>Blue- Information session Red- Social support group Green- Community house group</p>