

**Victorian
Seniors
Festival
2026**

CONNECT CREATE CELEBRATE

1–31 October



Welcome to the 2026 Glen Eira Seniors Festival Program

Join us for low-cost and free events across Glen Eira to Connect Create Celebrate!

For further information or to book an event, visit www.gleneira.vic.gov.au/seniorsfest
email seniorsfestival@gleneira.vic.gov.au or call 9524 3333.



Centenarian Celebration

Thursday 1 October, 12pm–1.30pm
Rippon Lea Estate

Bookings: Call 9524 3333 or email
HAgeing@gleneira.vic.gov.au

Nominations: www.gleneira.vic.gov.au/celebrating-centenarians

Glen Eira City Council is proud to celebrate our Centenarians and to honour their incredible lives and milestones with a high tea in the beautiful mansion ballroom at Rippon Lea Estate. Free.

Tai Chi

Thursday 1 October, 11.30am–12.15pm

Caulfield Recreation Centre

Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email
GELFitness@geleisure.com.au

Gentle movement exercises, that create harmony between the mind and body. Promotes mental awareness, control and wellbeing. Free.

Activate Reformer Pilates

Thursday 1 October, 1pm–1.45pm
Glen Eira Sports and Aquatic Centre

Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email
GELFitness@geleisure.com.au

Improve mobility, strength, balance and stability. Simple moves with strong results. Free.

Zumba Gold

Friday 2 October, 8.30am–9.25am
Carnegie Memorial Swimming Pool

Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email
GELFitness@geleisure.com.au

Get moving, improve your fitness and leave feeling energised. This class is for active adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. Free.



Navigating Aged Care

Friday 2 October, 11am–12pm
Glen Eira Town Hall, Caulfield Cup Room

Bookings: www.trybooking.com/DMTTW or call 9524 3333

An Aged Care Specialist Officer from Services Australia will share

valuable information about My Aged Care including Commonwealth Home Support Program, Support at Home and Residential care services. Free.

Garden Talk with Craig Castree

Saturday 3 October, 1pm–2.30pm
Moorleigh Community Village, East Bentleigh Village Garden, Room 84
Bookings: ebvg.org.au/events or call 0484 131 708

Learn about companion planting – the practice of growing vegetables alongside flowering plants to improve plant health, attract beneficial insects, and create a thriving garden. Afternoon tea provided. \$10.



GLEN EIRA
CITY COUNCIL



Rippon Lea Estate Mansion Tour

Monday 5 October, 1pm–1.50pm
Rippon Lea Estate
No bookings required. Meet outside the mansion entrance.

Learn the history of the mansion and its owners spanning over 160 years. View the decorative arts and architecture. Please note visitors will be required to climb two flights of stairs during the tour. Guests are welcome to stroll around the estate grounds after the tour. Free.

Caulfield Over 50's Dance Group

Monday 5 October, 12pm–3pm
Glen Eira Town Hall, Auditorium
Bookings: Contact Russell,
0406 874 008

Join the Caulfield Over 50's Dance Group every Monday afternoon in the beautiful surrounds of Council's historic Town Hall Auditorium and discover the joy of music, dancing, friendship and community connection. Non-members: \$15.



Movie Matinee

Monday 5 October, 11am–12.35pm
Glen Eira Town Hall, Theatrette
Bookings: www.trybooking.com/DNPPG or call 9524 3333

Join us at Town Hall for a private viewing of the whimsical romantic comedy, *Midnight in Paris* and be magically transported back to the 1920's. Refreshments provided. Free.

Activate Reformer Pilates

Monday 5 October, 11.30am–12.15pm
Carnegie Memorial Swimming Pool
Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email GELFitness@geleisure.com.au

Improve mobility, strength, balance and stability in older adults. Simple moves with strong results. Free.

Rippon Lea Estate Garden Tour

Tuesday 6 October, 11am–11.50am
Rippon Lea Estate
No bookings required. Meet at the main entrance gate

Join one of Rippon Lea Estate's gardeners for a guided walk and discover the history and significance of some of the Estate's oldest trees. Free.

Cuppa and Games

Tuesday 6 October, 10.30am–12pm
Moorleigh Community Village,
Moongala Women's Community House
Bookings: Call 9570 3468

Come and have a cuppa, play some games and meet some new friends all in the beautiful surrounds of the Moorleigh Community Village. Free.



Avoiding Scams

Tuesday 6 October, 12.30pm–1.30pm
Caulfield South Community House
Bookings: <https://nhs.clevero.co/caulfield-south-house/view/course/304330156> or email admin@csch.org.au or call 9596 8643

Learn how to protect yourself from scammers stealing your money or personal information fraud in this cyber safety information session. Free.



Qi Gong

Tuesday 6 October, 11.30am–12.15pm
Caulfield Recreation Centre
Booking: www.trybooking.com/DNMPB or call 9575 7100 or email GELFitness@geleisure.com.au

A gentle and restorative exercise therapy incorporating a variety of low impact movements with stillness and some meditation. Release tension – physical, mental and emotional. Free.

Painting with Acrylics

Tuesday 6 October, 2.30pm–5pm
Glen Eira Adult Learning Centre
Bookings: <https://gealc.org.au/course-category/events-bookings> or call 9578 8996 or email info@gealc.org.au

Come and learn the basics of acrylic paint – a versatile and popular medium for artists. A smart choice for beginners because it's forgiving and allows for quick experimentation with layering and blending techniques. Free.



Recycle, Repurpose and Reconnect

Tuesday 6 October, 9.30am–12.30pm
Godfrey Street Community House
Bookings: www.godfreystreet.org/programs-courses/seniors-festival or call 9557 9037 or email coordinator@godfreystreet.org

An accessible introduction to upcycling, where participants transform pre-loved ties into a functional glasses case while learning foundational hand-sewing techniques. As a bonus, you will create a decorative fabric yo-yo to develop your embellishment skills. \$20.



Planning Ahead Information Session

Tuesday 6 October, 1pm–2pm
Godfrey Street Community House
Bookings: www.godfreystreet.org/programs-courses/seniors-festival or call 9557 9037 or email coordinator@godfreystreet.org

This information session will explore the benefits of end-of-life planning to help you prepare for the future. The session will provide a practical overview of key documents such as Advance Care Directives, Appointment of Medical Treatment Decision Makers and Support People. Free.

Hearing Screening Clinic

Tuesday 6 October, 9am–12.30pm
Moorleigh Community Village, U3A Room 54
Bookings: Call U3A Bentleigh on 9570 3929

A pop-up clinic offering a 15-minute

hearing test to identify if someone has hearing loss and how to access Hearing Australia services. Free.

Rippon Lea Estate Mansion Tour

Wednesday 7 October, 1pm–1.50pm
Rippon Lea Estate
No bookings required. Meet outside the mansion entrance.

Learn the history of the mansion and its owners spanning over 160 years. View the decorative arts and architecture. Please note visitors will be required to climb two flights of stairs during the tour. Guests are welcome to stroll around the estate grounds after the tour. Free.

Living Stronger 65+

Wednesday 7 October, 11.30am–12.15pm
Carnegie Memorial Swimming Pool
Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email GELFitness@geleisure.com.au

Warm up with music, light jogging or walking, followed by floor-based exercises designed to improve strength using light resistance, flexibility, balance, and relaxation — all set to music. Free.

Chair Yoga

Wednesday 7 October, 2.30pm–3.30pm
Moorleigh Community Village, Moongala Women's Community House
Bookings: Call 9570 3468

Gentle chair based exercises and meditation. Free.



Let's Talk Ageing with Jean Kittson

Thursday 8 October, 1.30pm–3.15pm
Glen Eira Town Hall, Auditorium
Bookings: www.trybooking.com/DMGTI or call 9524 3333.

Join us for an engaging afternoon with comedian, actor and author Jean Kittson for a lively and honest discussion on ageing well. \$20.



Hearing Screening Clinic

Thursday 8 October, 9am–12.30pm
Moorleigh Community Village, U3A Room 54
Bookings: Call U3A Bentleigh on 9570 3929

A pop-up clinic offering a 15 minute hearing test to identify if someone has hearing loss and how to access Hearing Australia services. Free.

Chatty Cafe

Thursday 8 October, 11.30am–1pm

Godfrey Street Community House

Bookings: www.godfreystreet.org/programs-courses/seniors-festival or call 9557 9037 or email coordinator@godfreystreet.org

Join us for a casual catch up with conversation, coffee or tea and something sweet.

A chance to meet and share time with other locals in a relaxed and supportive environment. \$3.

Chatty Cafe

Thursday 8 October, 11.15am–12.15pm

Glen Eira Adult Learning Centre

Bookings: <https://gealc.org.au/course-category/events-bookings> or call 9578 8996 or email info@gealc.org.au

Join our free weekly *Chatty Cafe* — a welcoming space to share a cuppa, enjoy friendly conversation, and connect with your community. Morning Tea provided. Free.

Tai Chi

Thursday 8 October, 11.30am–12.15pm

Caulfield Recreation Centre

Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email GELFitness@geleisure.com.au

Moving gentle exercises, creating harmony between the mind and body. Promotes mental awareness, control and wellbeing. Free.



Activate Reformer Pilates

Thursday 8 October, 1pm–1.45pm

Glen Eira Sports and Aquatic Centre

Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email GELFitness@geleisure.com.au

Improve mobility, strength, balance and stability in older adults. Simple moves with strong results. Free.

Elsternwick Croquet Club

Thursday 8 October, 10am–11.30am and 1.30pm–3pm

Elsternwick Croquet Club

Bookings: Call 0409 328 128 or email sghorton53@hotmail.com

Keep fit, laugh and meet new friends while learning croquet. Hosted by club members. \$15.



Travel with confidence

Friday 9 October, 11am–12pm

Carnegie Library and Community Centre, Boyd Room

Bookings: library.gleneira.vic.gov.au/seniorsfestival or call 9524 3700

Discover how easy train travel can be with this informative session from Metro Trains' Community Education team. Learn how to plan a journey, read timetables, navigate service changes and bus replacements, and make the most of transport apps and online tools. You'll also pick up helpful tips on travelling safely and understanding public transport etiquette.

Zumba Gold

Friday 9 October, 8.30am–9.25am

Carnegie Memorial Swimming Pool

Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email GELFitness@geleisure.com.au

Get moving, improve your fitness and leave feeling energised. This class is for active adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. Free.

Creative Connections Card Making

Friday 9 October, 10am–1pm

Godfrey Street Community House

Bookings: www.godfreystreet.org/programs-courses/seniors-festival or call 9557 9037 or email coordinator@godfreystreet.org

Enjoy a morning of creativity and connection in this fun workshop creating greeting cards and other paper craft. Use simple techniques and materials to create a variety of cards. \$20.



Rippon Lea Estate Garden Tour

Monday 12 October, 1pm–1.50pm

Rippon Lea Estate

No bookings required. Meet at the main entrance gate

Join one of Rippon Lea Estate's gardeners for a guided walk and discover the history and significance of some of the Estate's oldest trees. Free.

Caulfield Over 50's Dance Group

Monday 12 October, 12pm–3pm

Glen Eira Town Hall, Auditorium

Bookings: Contact Russell, 0406 874 008

Join the Caulfield Over 50's Dance Group every Monday afternoon in the beautiful surrounds of Council's historic Town Hall Auditorium

and discover the joy of music, dancing, friendship and community connection. Non-members: \$15.

Activate Reformer Pilates

Monday 12 October, 11.30am–12.15pm

Carnegie Memorial Swimming Pool,
Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email GELFitness@geleisure.com.au

Improve mobility, strength, balance and stability in older adults. Simple moves with strong results. Free.

Cuppa and Games

Tuesday 13 October, 10.30am–12pm
Moorleigh Community Village,
Moongala Women's Community House

Bookings: Call 9570 3468

Come and have a cuppa, play some games and meet some new friends all in the beautiful surrounds of the Moorleigh Community Village. Free.



Qi Gong

Tuesday 13 October, 11.30am–12.15pm

Caulfield Recreation Centre
Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email GELFitness@geleisure.com.au

A gentle and restorative exercise therapy incorporating a variety of low impact movements with stillness and some meditation. Release tension – physical, mental and emotional. Free.

Hearing Checks

Tuesday 13 October, 12.30pm–2.30pm

Caulfield South Community House
Bookings: nhs.clevero.co/caulfield-south-community-house/view/course/304424810 or email admin@csch.org.au or call 9596 8643

Hearing Australia will be undertaking their Hearing Checks. Book in for your free 15-minute hearing check. Free.

Defibrillator and CPR Training

Tuesday 13 October, 12.30pm–1.30pm

Caulfield South Community House
Bookings: <https://nhs.clevero.co/caulfield-south-community-house/view/course/304327934> or call 03 9596 8643

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. Free.

Money Check-up

Tuesday 13 October, 10.30am–11.30am

Glen Eira Town Hall, Caulfield Cup Room

Bookings: www.trybooking.com/DMTVM or call 9524 3333

Money is such an important part of all our lives. Presented by Financial Counselling Victoria, learn what resources and tools are available to help plan and stay on track with your money and common risks to avoid. Free.

Living Stronger 65+

Wednesday 14 October, 11.30am–12.15pm

Carnegie Memorial Swimming Pool
Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email GELFitness@geleisure.com.au

Warm up with music, light jogging or walking, followed by floor-based exercises designed to improve strength using light resistance, flexibility, balance, and relaxation — all set to music. Free.

Discover the world of Podcasts

Wednesday 14 October 11am–12.30pm

Glen Eira Town Hall, Theatrette
Bookings: www.trybooking.com/DNQYG or call 9524 3333

Want to make the most of your downtime? Join us for a friendly introduction to podcasts, presented by ReadyTechGo and learn how they can inform, inspire and entertain. We'll explore what podcasts are, the range of topics available, and how to easily find and listen to them on your device. Podcasts can open up a whole new world of learning, inspiration and entertainment.

The session will be followed by a screening of our *Healthy Ageing Podcast*, featuring a range of wonderful local guests sharing their stories, experiences and insights. Refreshments provided. Free.



Chair Yoga

Wednesday 14 October, 2.30pm–3.30pm

Moorleigh Community Village,
Moongala Women's Community House

Bookings: Call 9570 3468

Gentle chair based exercises and meditation. Free.

Hearing Australia pop-up information stall

Wednesday 14 October, 10.30am–12.30pm

Elsternwick Library

Bookings: Drop in session, no bookings necessary

Drop in and chat with the Hearing Australia team, who have free information, advice and resources about hearing care, hearing loss and available support services. **Please note:** no hearing checks will be offered at this session. Free.



LGBTI+ Trivia Event

Wednesday 14 October,

Light supper: 5.30–6pm

Trivia: 6pm–7.30pm

Classic Cinema, Elsternwick

Bookings: www.trybooking.com/DNSLI or call 9524 3333

Come dressed in your favourite rainbow colours for an evening of laughter, lively conversation, and a touch of fabulous flair. Hosted by a larger-than-life personality — think sequins, quick wit, and plenty of charm — this event blends art and trivia in a celebration of community, connection and pride. Refreshments provided. Free.

Classic Cinema LGBTI+ Movie Screening

Wednesday 14 October, 8pm–10pm

Classic Cinema, Elsternwick

Bookings: www.trybooking.com/DNSLK or call 9524 3333

Step into nostalgia at The Classic Cinema! This year we have selected the *Rocky Horror Picture Show* — a cult favourite. Join us and treat yourself to a complimentary beverage, popcorn or choc top. It's time to relive the magic of cinema in style. Free.

Activate Reformer Pilates

Thursday 15 October, 1pm–1.45pm

Glen Eira Sports and Aquatic Centre

Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email GELFitness@geleisure.com.au

Improve mobility, strength, balance and stability in older adults. Simple moves with strong results. Free.

Chatty Cafe

Thursday 15 October, 11.15am–12.15pm.

Glen Eira Adult Learning Centre

Bookings: <https://gealc.org.au/course-category/events-bookings> or call 9578 8996 or email info@gealc.org.au

Join our free weekly *Chatty Cafe* — a welcoming space to share a cuppa, enjoy friendly conversation, and connect with your community. Morning Tea provided. Free.

Tai Chi

Thursday 15 October, 11.30am–12.15pm

Caulfield Recreation Centre

Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email GELFitness@geleisure.com.au

Gentle movement exercises, creating harmony between the mind and body. Promotes mental awareness, control and wellbeing. Free.

Chatty Cafe

Thursday 15 October, 11am–1pm

Godfrey Street Community House

Bookings: www.godfreystreet.org/programs-courses/seniors-festival or 9557 9037 or email coordinator@godfreystreet.org

Join us for a casual catch up with conversation, coffee or tea and something sweet.

A chance to meet and share time with other locals in a relaxed and supportive environment. \$3.

My Aged Care Information Session

Thursday 15 October, 1pm–2pm

Godfrey Street Community House

Bookings: www.godfreystreet.org/programs-courses/seniors-festival or 9557 9037 or email coordinator@godfreystreet.org

Whether you're just beginning your aged care journey or navigating ongoing support, this session will provide support to help you move forward with greater confidence. Join us to better understand how to access federal government-funded support. Free.

Sourdough making workshop

Friday 16 October, 10am–1pm

Godfrey Street Community House

Bookings: www.godfreystreet.org/programs-courses/seniors-festival or 9557 9037 or email coordinator@godfreystreet.org

Learn the process from starter through to a take home loaf to rise and bake the following day. Bake some prepared items during the session and enjoy them for lunch. Students will also take home a starter and instructions to continue making sourdough at home. \$70.



Jewellery making

Friday 16 October, 10am–12pm
Godfrey Street Community House
Bookings: www.godfreystreet.org/programs-courses/seniors-festival or 9557 9037 or email coordinator@godfreystreet.org

A hands-on beginners workshop, where you will design and create your own unique pieces. Learn essential skills, explore your creativity, and take home beautiful jewellery that you have made yourself. All tools and materials provided. \$60.



Chair Based Yoga

Friday 16 October, 11.15am–12pm
Glen Eira Adult Learning Centre
Bookings: <https://gealc.org.au/course-category/events-bookings/> or phone: 9578 8996 or email: info@gealc.org.au

Chair-based yoga for relaxation. Free.

Zumba Gold

Friday 16 October, 8.30am–9.25am
Carnegie Memorial Swimming Pool
Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email GELFitness@geleisure.com.au

Get moving, improve your fitness and leave feeling energised. This class is for active adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. Free.

Trivia through the decades

Sunday 18 October, 2pm–3.30pm
Carnegie Library and Community Centre, Boyd Room

Bookings: library.gleneira.vic.gov.au/seniorsfestival or call 9524 3700

Take a trip down memory lane with an afternoon of laughter, nostalgic fun and a little friendly competition. Test your knowledge with trivia inspired by decades past, featuring questions about classic films, memorable songs, iconic personalities, everyday life and the moments that shaped generations. Light refreshments provided. \$15.



Caulfield Over 50's Dance Group

Monday 19 October, 12pm–3pm
Glen Eira Town Hall, Auditorium
Bookings: Contact Russell on 0406 874 008

Join the Caulfield Over 50's Dance Group every Monday afternoon in the beautiful surrounds of Council's historic Town Hall Auditorium and discover the joy of music, dancing, friendship and community connection. Non-members: \$20.

Technology assistance

Monday 19 October, 11am–12pm
Godfrey Street Community House
Bookings: www.godfreystreet.org/programs-courses/seniors-festival or 9557 9037 or email coordinator@godfreystreet.org

A friendly, supportive question and answer session to help people feel more confident and comfortable using their technology — whether it's a smartphone, tablet, or laptop. \$3.

Create an oracle card

Monday 19 October, 1pm–3pm
Godfrey Street Community House
Bookings: www.godfreystreet.org/programs-courses/seniors-festival or 9557 9037 or email coordinator@godfreystreet.org

In this hands-on workshop, you'll design and create your own personalised oracle cards inspired by intuition, symbolism, storytelling, and self-discovery. \$15.

Activate Reformer Pilates

Monday 19 October, 11.30am–12.15pm
Carnegie Memorial Swimming Pool
Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email GELFitness@geleisure.com.au

Improve mobility, strength, balance and stability in older adults. Simple moves with strong results. Free.

Cuppa and Games

Tuesday 20 October, 10.30am–12pm
Moorleigh Community Village, Moongala Women's Community House
Bookings: Call 9570 3468

Come and have a cuppa, play some games and meet some new friends all in the beautiful surrounds of the Moorleigh Community Village. Free.

Digital Session — One to One

Tuesday 20 October, 10.15am–11am and 11.30am–12.15pm
Glen Eira Adult Learning Centre
Bookings: <https://gealc.org.au/course-category/events-bookings/> or call 9578 8996 or email info@gealc.org.au

Get assistance with navigating the Internet and using your computer or laptop. Free.



ChatGPT Workshop

Tuesday 20 October 4.15pm–5pm
Glen Eira Adult Learning Centre
Bookings: <https://gealc.org.au/course-category/events-bookings> or call 9578 8996 or email info@gealc.org.au

Find out what ChatGPT is and how to get the most from it. Free.

Qi Gong

Tuesday 20 October, 11.30am–12.15pm
Caulfield Recreation Centre
Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email GELFitness@geleisure.com.au

A gentle and restorative exercise therapy incorporating a variety of low impact movements with stillness and some meditation. Release tension — physical, mental and emotional. Free.

Glen Eira Seniors Festival Baby First Aid Event

Tuesday 20 October, 10am–12pm
Glen Eira Town Hall, Caulfield Cup Room
Bookings: www.trybooking.com/DNQMT or 9524 3333

Are you caring for young children? Learn the fundamentals of first aid, particularly for infants, including simple first aid and resuscitation. \$20.



Growing Strawberries and Eating Scones

Wednesday 21 October, 11.30am–1pm
Caulfield South Community House
Bookings: <https://nhs.clevero.co/caulfield-south-community-house/view/course/304330165> or email admin@csch.org.au or call 9596 8643

Join us for an engaging and practical session focused on growing strawberries, covering everything from preparing your soil and choosing the right varieties to planting, mulching, watering, and managing pests and diseases. To finish the event off, enjoy some scones and cream with a cup of tea. \$10.

Chair Yoga

Wednesday 21 October, 2.30pm–3.30pm
Moorleigh Community Village, Moongala Women's Community House
Bookings: Call 9570 3468
Gentle chair based exercises and meditation. Free.

Victorian Pride Centre Tour

Wednesday 21 October, 9am–12.30pm
Victorian Pride Centre
Booking: www.trybooking.com/DNSCZ or call 9524 3333

Join Glen Eira City Council for a guided tour of the Victorian Pride Centre followed by morning tea. Attendees will meet at Glen Eira Town Hall at 9am and be transported by community bus to the Victorian Pride Centre.

Living Stronger 65+

Wednesday 21 October, 11.30am–12.15pm
Carnegie Memorial Swimming Pool
Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email GELFitness@geleisure.com.au
Warm up with music, light jogging or walking, followed by floor-based exercises designed to improve strength using light resistance, flexibility, balance, and relaxation — all set to music. Free.

Online Bingo and Games at the Chatty Cafe

Thursday 22 October, 11.15am–12.30pm
Glen Eira Adult Learning Centre
Bookings: [https://gealc.org.au/course-](https://gealc.org.au/course-category/events-bookings)

[category/events-bookings](https://gealc.org.au/course-category/events-bookings) or phone 9578 8996 or email info@gealc.org.au
Online bingo and fun games for seniors. Morning tea provided.



Chatty Cafe

Thursday 22 October, 11.30am–1pm
Godfrey Street Community House
Bookings: www.godfreystreet.org/programs-courses/seniors-festival or 9557 9037 or email coordinator@godfreystreet.org

Join us for a casual catch up with conversation, coffee or tea and something sweet. A chance to meet and share time with other locals in a relaxed and supportive environment. \$3.

Activate Reformer Pilates

Thursday 22 October, 1pm–1.45pm
Glen Eira Sports and Aquatic Centre
Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email GELFitness@geleisure.com.au
Improve mobility, strength, balance and stability in older adults. Simple moves with strong results. Free.



Chatty Cafe

Thursday 22 October, 11.15am–12.15pm

Glen Eira Adult Learning Centre
Bookings: <https://gealc.org.au/course-category/events-bookings> or call 9578 8996 or email info@gealc.org.au

Join our free weekly *Chatty Cafe* – a welcoming space to share a cuppa, enjoy friendly conversation, and connect with your community. Morning Tea provided. Free.



Tai Chi

Thursday 22 October, 11.30am–12.15pm

Caulfield Recreation Centre
Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email GELFitness@geleisure.com.au

Moving gentle exercises creating harmony between the mind and body. Promotes mental awareness, control and wellbeing. Free.



Community meal

Thursday 22 October, 5pm–7pm

Glen Eira Adult Learning Centre
Bookings: <https://gealc.org.au/course-category/events-bookings> or call 9578 8996 or email info@gealc.org.au

A warm and welcoming space where we cook, share, and enjoy a meal together in good company. Come for the food, stay for the friendships. Free.

Zumba Gold

Friday 23 October, 8.30am–9.25am

Carnegie Memorial Swimming Pool
Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email GELFitness@geleisure.com.au

Get moving, improve your fitness and leave feeling energised. This class is for active adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. Free.

Clay sculpting workshop

Friday 23 October, 12.30pm–2.30pm

Godfrey Street Community House
Bookings: www.godfreystreet.org/programs-courses/seniors-festival or call 9557 9037 or email coordinator@godfreystreet.org

Using air-dry clay, you will create a beautiful floral arrangement inspired by delicate poppies and

natural elements, shaping petals, stems, and subtle organic details. This experience encourages creative expression while introducing foundational sculpting and texturing techniques in a calm, welcoming setting. \$55.

Everyday Apps you should know

Friday 23 October, 11am–12.30pm
Carnegie Library and Community Centre, Boyd Room

Bookings: library.gleneira.vic.gov.au/seniorsfestival or call 9524 3700

Your smartphone can do so much more than make calls. Join the friendly team from Ready Tech Go to discover a range of useful everyday apps that can make life easier, safer and more convenient. Explore practical apps for staying connected, getting around, checking the weather and more, with apps like *WhatsApp*, *Public Transport Victoria* and *BOM Weather*. Free.

Afternoon of entertainment and dancing at the East Bentleigh Senior Citizen Centre

Sunday 25 October, 1pm–4pm

East Bentleigh Senior Citizens Centre
Bookings: Contact Lucy on 0432 730 799 or Sanda on 0402 434 474

An afternoon of fun activity and dancing. Come along and meet some new friends! Afternoon tea provided. Free.

Caulfield Over 50's Dance Group

Monday 26 October, 12pm–3pm

Glen Eira Town Hall, Auditorium
Bookings: Contact Russell, 0406 874 008

Join the Caulfield Over 50's Dance Group every Monday afternoon in the beautiful surrounds of Council's historic Town Hall Auditorium and discover the joy of music, dancing, friendship and community connection. Non-members: \$15.

Activate Reformer Pilates

Monday 26 October, 11.30am–12.15pm

Carnegie Memorial Swimming Pool
Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email GELFitness@geleisure.com.au

Improve mobility, strength, balance and stability in older adults. Simple moves with strong results. Free.

The Elvis Show with Damien Mullen

Monday 26 October, 1.30pm–3.30pm
Bentleigh Senior Citizen Centre
Bookings: Contact Cheryl, 0423 305 619

Polish your shoes and get up on the dance floor to the tunes of Elvis Presley. Followed by the famous KG Putt Seniors Club scones with jam and cream. \$50.

Intergenerational Play Group

Tuesday 27 October, 10am–12pm
Murrumbeena Family Centre

Come along for a fun-filled morning for the whole family! Enjoy games and activities and meet a range of friendly farm animals that children can pat and feed. It's a wonderful opportunity to get up close with the animals and enjoy a great day out together. Free.



Cuppa and Games

Tuesday 27 October, 10.30am–12pm
Moorleigh Community Village
Bookings: Call 9570 3468

Come and have a cuppa, play some games and meet some new friends all in the beautiful surrounds of the Moorleigh Community Village. Free.

Qi Gong

Tuesday 27 October, 11.30am–12.15pm

Caulfield Recreation Centre
Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email GELFitness@geleisure.com.au

A gentle and restorative exercise therapy incorporating a variety of low impact movements with stillness and some meditation. Release tension – physical, mental and emotional. Free.

Planning Ahead with an End-of-Life Doula

Tuesday 27 October, 10am–1pm
Godfrey Street Community House
Bookings: www.godfreystreet.org/programs-courses/seniors-festival or call 9557 9037 or email coordinator@godfreystreet.org

Join Melanie, an End-of-Life Doula, for a warm and supportive conversation about the importance of planning ahead in a non-judgmental and safe space. This session offers a simple, compassionate introduction to the documents that can help ensure your wishes are known and honoured. \$40.

Falls Prevention

Wednesday 28 October, 10am–11.30am

Moorleigh Community Village
Bookings: Call U3A Bentleigh on 9570 3929

Talk about handy hints and things to consider when preventing falls in your home. Free.

Chair Yoga

Wednesday 28 October, 2.30pm–3.30pm

Moorleigh Community Village
Bookings: Call 9570 3468

Gentle chair based exercises and meditation. Free.

Living Stronger 65+

Wednesday 28 October, 11.30am–12.15pm

Carnegie Memorial Swimming Pool
Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email GELFitness@geleisure.com.au

Warm up with music, light jogging or walking, followed by floor-based exercises designed to improve strength using light resistance, flexibility, balance, and relaxation — all set to music. Free.

Healthy Ageing Expo

Wednesday 28 October, 10am–1pm
Glen Eira Town Hall, Auditorium

Bookings: www.trybooking.com/DNZUT

Meet the friendly faces behind the programs and services that help make ageing a positive experience in Glen Eira. Discover how we can embrace opportunities to live well and stay connected. Enjoy morning tea. Free.



Scam Awareness

Thursday 29 October, 10.30am–11.30am

Glen Eira Adult Learning Centre
Bookings: <https://gealc.org.au/course-category/events-bookings> or call 9578 8996 or email info@gealc.org.au

Learn how to recognise common scams and learn simple ways to stay safe online and in everyday life. Morning Tea provided. Free.

Chatty Cafe

Thursday 29 October, 11.15am–12.15pm

Glen Eira Adult Learning Centre
Bookings: <https://gealc.org.au/course-category/events-bookings> or call 9578 8996 or email info@gealc.org.au

Join our free weekly *Chatty Cafe* – a welcoming space to share a cuppa, enjoy friendly conversation, and connect with your community. Morning Tea provided. Free.

Activate Reformer Pilates

Thursday 29 October, 1pm–1.45pm
Glen Eira Sports and Aquatic Centre
Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email GELFitness@geleisure.com.au

Improve mobility, strength, balance and stability in older adults. Simple moves with strong results. Free.

Chatty Cafe

Thursday 29 October, 11am–1pm
Godfrey Street Community House
Bookings: www.godfreystreet.org/programs-courses/seniors-festival or call 9557 9037 or email coordinator@godfreystreet.org

Join us for a casual catch up with conversation, coffee or tea and something sweet. A chance to meet and share time with other locals in a relaxed and supportive environment. \$3.

Tai Chi

Thursday 29 October, 11.30am–12.15pm
Caulfield Recreation Centre
Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email

GELFitness@geleisure.com.au

Moving gentle exercises, creating harmony between the mind and body. Promotes mental awareness, control and wellbeing. Free.

My Aged Care Information Session

Thursday 29 October, 1pm–2pm
Godfrey Street Community House
Bookings: www.godfreystreet.org/programs-courses/seniors-festival or call 9557 9037 or email coordinator@godfreystreet.org

Whether you're just beginning your aged care journey or navigating ongoing support, this session will provide support to help you move forward with greater confidence. Join us to better understand how to access federal government-funded support. Free.

What's It Worth with David Freeman

Friday 30 October, 11am–1pm
Moorleigh Community Village
Bookings: Call U3A 9570 3929.

Bring along up to 3 items for appraisal and an evaluation (no coins, jewellery or stamps). Free.

Three Pestos Cooking Class

Friday 30 October, 10am–12pm
Caulfield South Community House
Bookings: <https://nhs.clevero.co/caulfield-south-community-house/view/course/304327999> or email admin@csch.org.au or call 9596 8643

Join us for a relaxed and delicious cooking session where you'll learn how to create three different types of pesto. We'll cover classic and creative variations and simple ways to use pesto in everyday meals. \$10.



Zumba Gold

Friday 30 October, 8.30am–9.25am
Carnegie Memorial Swimming Pool
Bookings: www.trybooking.com/DNMPB or call 9575 7100 or email GELFitness@geleisure.com.au

Get moving, improve your fitness and leave feeling energised. This class is for active adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. Free.

U3A Open Day

Friday 30 October, 10am–1pm
Moorleigh Community Village

Head down to meet the tenants of U3A and learn about the wonderful programs the group has on offer. Free.



GLEN EIRA HEALTHY AGEING EXPO

20
26

Healthy Ageing starts early — come along to be inspired.

Meet the friendly faces behind the programs and services that help make ageing a positive experience in Glen Eira. Discover how we can embrace opportunities to live well and stay connected.

Fill your Expo showbag with information and give-aways and enjoy morning tea.

Bookings: <https://www.trybooking.com/DNZUT>
or call 9524 3333

Glen Eira Town Hall

Corner Glen Eira and
Hawthorn Road, Caulfield

**Wednesday 28
October**
10am–1pm



The Victorian Seniors Festival creates opportunities for Victorians who are 60 years and over to participate in fun, free and low-cost events throughout October. The festival encourages active ageing, community participation and meaningful social interaction.



Victorian Seniors Card holders enjoy nine days of free public transport throughout Victoria, from 3–11 October. Find out more: seniorsonline.vic.gov.au/festival

Event locations

Bentleigh Senior Citizens Centre
2 Arthur St, Bentleigh

Caulfield Recreation Centre
6 Maple street, Caulfield South

**Carnegie Library and
Community Centre**
7 Shepparson Avenue, Carnegie

**Carnegie Memorial Swimming
Pool**
Koornang Park, Moira Avenue,
Carnegie

**Caulfield South Community
House**
450 Kooyong Road, Caulfield South

Classic Cinema
9 Gordon Street, Elsternwick

**East Bentleigh Senior Citizens
Centre**

1 Derry Street, Bentleigh East

Elsternwick Croquet Club
27 Parkside Street, Elsternwick

Elsternwick Library
4 Staniland Grove, Elsternwick

Glen Eira Adult Learning Centre
169A McKinnon Road, McKinnon

**Glen Eira Sports and Aquatic
Centre**
200 East Boundary Road, Bentleigh
East

Murrumbeena Family Centre
105 Murrumbeena Road,
Murrumbeena

**Glen Eira Town Hall. Auditorium.
Theatrette. Caulfield Cup Room.**
Corner Glen Eira and Hawthorn
Roads, Caulfield

**Godfrey Street Community
House**
9 Godfrey Street, Bentleigh

**Moongala Women's Community
House**
90–92 Bignell Road, Bentleigh East

Moorleigh Community Village
90–92 Bignell Road, Bentleigh East

Rippon Lea Estate
192 Hotham Street, Elsternwick