

# Glen Eira Seniors Festival 2024



## Welcome to the 2024 Glen Eira Seniors Festival Program

Join us for low-cost and free events across Glen Eira to Explore. Engage. Evolve!

For further information or to book an event, visit [www.gleneira.vic.gov.au/seniors-festival](http://www.gleneira.vic.gov.au/seniors-festival) email [seniorsfestival@gleneira.vic.gov.au](mailto:seniorsfestival@gleneira.vic.gov.au) or call 9524 3333.

### Not Strictly Ballroom

Tuesday 1 October, 11am–1.30pm  
Glen Eira Town Hall — Auditorium  
Bookings: [www.trybooking.com/CUUUK](http://www.trybooking.com/CUUUK)  
or call 9524 3333

Showcasing ballroom and cultural dancers from Caulfield over 50's Dance Group, and multicultural dance groups. This event is accessible and open to the community to enjoy morning tea, a live band and the incredible skills on display — all in the delightful surrounds of our historic Glen Eira Town Hall Auditorium. Meet the dancers and put your best foot forward! Free.



### Defibrillator and CPR training

Tuesday 1 October, 12.30pm–1.30pm  
Caulfield South Community House  
Bookings: [www.csch.org.au/seniors-festival.html](http://www.csch.org.au/seniors-festival.html)

Be prepared for an emergency. Learn the basics of resuscitation and how to use a defibrillator. Free.

### Pizza making

Wednesday 2 October, 11am–1pm  
Caulfield South Community House  
Bookings: [www.csch.org.au/seniors-festival.html](http://www.csch.org.au/seniors-festival.html)

Learn how to make pizza dough, get inspiration on what toppings to add and enjoy what is created. Some herbs and harvest will be used from our very own community garden! This event is outside, so dress appropriately. \$10.

### Introduction to ChatGPT

Thursday 3 October, 10.30am–12pm  
Carnegie Library and Community Centre  
Bookings: [www.trybooking.com/CSRIN](http://www.trybooking.com/CSRIN)  
or call Glen Eira Libraries 9524 3700

Learn the basics of this new technology, how it can be used in your daily life and what you should watch out for to stay safe. Free.

### Inside the Museums Victoria collection

Thursday 3 October, 5.30pm–7pm  
Carnegie Library and Community Centre  
Bookings: [www.trybooking.com/CRIRE](http://www.trybooking.com/CRIRE)  
or call Glen Eira Libraries 9524 3700

Join Museums Victoria's Senior Curator Deborah Tout-Smith as she shares stories and photographs of the Glen Eira area from the museum's collection. Free.

### Beyond the Frame — Cheltenham Art Group

Thursday 3 October–27 October,  
10am–5pm Monday–Friday, weekends  
1pm–5pm, Glen Eira City Council Gallery

*Beyond the Frame* brings together GECAG's members and local guest artists to present their recent work. Free.

### Wayapa workshop

Friday 4 October, 11am–12.30pm  
Murrumbeena Park Community Hub  
Bookings: [www.trybooking.com/CUSSN](http://www.trybooking.com/CUSSN)  
or call 9524 3333.

The practice of Wayapa® combines earth mindfulness, narrative meditation and movement, teaching participants the importance of connecting into the earth and nature for holistic wellness. Free

### Croquet and high tea in Elsternwick

Saturdays and Thursdays 5–24 October,  
11–1pm, Elsternwick Croquet Club  
Bookings essential: call 0423 222 918 or  
email [playcroquet3185@gmail.com](mailto:playcroquet3185@gmail.com)

Try something different on a Thursday and Saturday. Keep fit, laugh and meet new friends while learning croquet. Hosted by club members. Join us at the clubhouse for high tea. \$10 or donation.

### Gentle movement for an improved posture

Monday 7 October, 1.30pm–2.30pm  
Godfrey Street Community House  
Call 9557 9037 email  
[admin@godfreystreet.org](mailto:admin@godfreystreet.org)

Improve posture, reduce tension and enhance overall wellbeing. Free.



GLEN EIRA  
CITY COUNCIL

Bentleigh. Bentleigh East.  
Brighton East. Carnegie.  
Caulfield. Elsternwick.  
Gardenvale. Glen Huntly.  
McKinnon. Murrumbeena.  
Ormond. St Kilda East.



## Automated External Defibrillator Training

Tuesday 8 October, 10.30am–12pm  
Murrumbeena Park Community Hub  
Bookings: [www.trybooking.com/CUUZF](http://www.trybooking.com/CUUZF)  
or call 9524 3333

Be prepared for an emergency. Learn the basics of resuscitation and how to use a defibrillator. Free.

## Classic Cinema LGBTQIA+ evening event

Wednesday 9 October, 6.30pm–8.30pm  
Classic Cinema  
Bookings: [www.trybooking.com/CUUZV](http://www.trybooking.com/CUUZV)  
or call 9524 3333.

Step into nostalgia at The Classic Cinema! Join us for *Some Like It Hot* to lift your spirits. Treat yourself to complimentary beverage, choc top and popcorn. It's time to relive the magic of cinema in style! Free.

## Classic Cinema seniors event

Thursday 10 October, 10am–12pm  
Classic Cinema  
Booking: [www.trybooking.com/CUWMI](http://www.trybooking.com/CUWMI)  
or call 9524 3333.

Join us to watch *Thelma* the story about a grandmother losing money to a con artist and the adventure to claim it back! Treat yourself to a complimentary beverage, choc top and popcorn. Free.

## Chair-based yoga

Friday 11 October, 2pm–3pm  
Glen Eira Adult Learning Centre  
Bookings: [gealc.org.au/course-category/events-bookings](http://gealc.org.au/course-category/events-bookings) or call GEALC on 9578 8996 or email [info@gealc.org.au](mailto:info@gealc.org.au)

Chair-based yoga to replenish your soul and relax. Free.

## Moorleigh Community Village — seniors week launch barbecue

Monday 14 October, 11.30am–2pm  
Moorleigh Community Village  
Bookings: email [SeniorsFestival@gleneira.vic.gov.au](mailto:SeniorsFestival@gleneira.vic.gov.au) or call 9524 3333.

Pop down for a barbecue in the beautiful surrounds of the Moorleigh Community Village. Meet and have a chat with the Village tenants. Free.

## Home safety session

Monday 14 October, 10am–11.30am  
Moorleigh Community Village  
Bookings: [www.trybooking.com/CUOKT](http://www.trybooking.com/CUOKT)  
Learn how to keep your home safe and fire safety at home. Free.

## USA — 537 Days of Winter author talk

Monday 14 October, 2pm–3pm  
Moorleigh Community Village  
For more information, visit [u3abentleigh.org.au](http://u3abentleigh.org.au) or call 9570 3929  
David Knoff recounts *537 Days of Winter*, a high-octane sub-zero story unlike any other in modern Antarctic history. Free

## Gentle movement for an improved posture

Monday 14 October, 1.30pm–2.30pm  
Godfrey Street Community House  
Bookings: 9557 9037 or [admin@godfreystreet.org](mailto:admin@godfreystreet.org)  
Improve posture, reduce tension and enhance overall wellbeing. Free.

## Bentmoor Community Shed open day

Tuesday 15 October, 11am–2.30pm  
Moorleigh Community Village  
Bentmoor Community Shed  
Email [bentmoorms@outlook.com](mailto:bentmoorms@outlook.com)  
call 0481 369 191  
Insight to all the activities that the shed offers. Art group, pottery group, women's workshop and general Mens Shed workshop. Free.

## Moongala Women's Community House — soup lunch

Tuesday 15 October, 12pm–2pm  
Moongala Neighbourhood House,  
Moorleigh Community Village  
Call Jude Rangitaawa 9570 3468  
Come for a free tour of the Moongala Women's Community House and discover the activities on offer over a soup lunch.

Victorian Seniors Card holders enjoy eight days of free public transport throughout Victoria, from 6–13 October.  
Find out more:  
[seniorsonline.vic.gov.au/festival](http://seniorsonline.vic.gov.au/festival)

## Moongala Women's Community House — Chatty Cafe

Wednesday 16 October, 11am  
Moongala Neighbourhood House,  
Moorleigh Community Village  
Call Jude Rangitaawa 9570 3468  
The Moongala Women's Community House is home to the Chatty Cafe and open for anyone to visit and have a cuppa and friendly chat. Free.

## Microsoft Word and Excel workshop

Wednesday 16 October, 10am–11am and 1pm–2pm, Glen Eira Adult Learning Centre  
Bookings: [gealc.org.au/course-category/events-bookings](http://gealc.org.au/course-category/events-bookings) or call GEALC on 9578 8996 or email [info@gealc.org.au](mailto:info@gealc.org.au)  
Learn the basics of MS Word and Excel. Free.

## Hearing van

Wednesday 16 October, 9am–3pm  
Caulfield South Community House  
Bookings: [nhs.clevero.co/caulfield-south-community-house/view/course/300473334](http://nhs.clevero.co/caulfield-south-community-house/view/course/300473334)  
Book in for a 15-minute hearing check. Free.

## Using your iPad

Wednesday 16 October, 11.15am–12.15pm and 2.15pm–3.15pm, Glen Eira Adult Learning Centre  
Bookings: [gealc.org.au/course-category/events-bookings/](http://gealc.org.au/course-category/events-bookings/)  
Learn the basic functions of iPad. Free.

## Afternoon tea at Rippon Lea Estate

Wednesday 16 October, 1pm–3.30pm  
Rippon Lea Estate  
Bookings: [www.trybooking.com/CUUWP](http://www.trybooking.com/CUUWP) or call 9524 3333. A popular event returns. Be delighted by a special afternoon tea, a self-guided tour and all the glorious surrounds of our historic treasure. Free.

## Gentle yoga

Wednesday 16 October, 6.30pm–7.30pm  
Glen Eira Adult Learning Centre  
Bookings: [gealc.org.au/course-category/events-bookings](http://gealc.org.au/course-category/events-bookings/) or call GEALC on 9578 8996 or email [info@gealc.org.au](mailto:info@gealc.org.au)  
Learn the techniques of gentle yoga. Free.

## Hearing screening clinic

Thursday 17 October, 10am–3pm  
Moorleigh Community Village Room 5  
For more information, visit [u3abentleigh.org.au](http://u3abentleigh.org.au) or call 9570 3929

A pop-up clinic offering a 10-minute hearing test to identify if someone has hearing loss and how to access Hearing Australia services. Free.

## Flower arrangement workshop

Thursday 17 October, 2pm–3pm  
Glen Eira Adult Learning Centre  
Bookings: [gealc.org.au/course-category/events-bookings](http://gealc.org.au/course-category/events-bookings) call 9578 8996 or email [info@gealc.org.au](mailto:info@gealc.org.au)

Inexpensive floral arrangements can be created using native and backyard flowers in an unstructured manner, mixing different colours and heights for visual interest. Free.



## Floristry

Friday 18 October, 10.30am–12pm  
Caulfield South Community House  
Bookings: [nhs.clevero.co/caulfield-south-community-house/view/course/300473774](http://nhs.clevero.co/caulfield-south-community-house/view/course/300473774)

Learn how to transform a bunch of flowers from the supermarket by selecting the right vase and adding foliage. \$35.

## U3A — antique road show

Friday 18 October, 10am–1pm  
Moorleigh Community Village  
For more information, visit [u3abentleigh.org.au](http://u3abentleigh.org.au) or call 9570 3929

Auctioneer and antiques specialist David Freeman will provide an engaging talk. You are welcome to bring along two small items for him to appraise.

## Super Brain Workout

Friday 18 October, 11am–12.30pm  
Carnegie Library and Community Centre  
Bookings: [www.trybooking.com/CSNZN](http://www.trybooking.com/CSNZN) or call Glen Eira Libraries 9524 3700

Join wellness and nutrition coach, Maggie Flanagan, for a workout with a difference! Super Brain Workout is a fun and interactive workshop, focusing on movement and music to support brain health and an active lifestyle. Explore breathwork and mindfulness, Yogacise, Qi Gong, Neuro-Aerobics, and walk away with some tips to optimise your brain health. Free.

## Bingo and games

Friday 18 October, 2pm–3pm  
Glen Eira Adult Learning Centre  
Bookings: [gealc.org.au/course-category/events-bookings](http://gealc.org.au/course-category/events-bookings) Call GEALC on 9578 8996 or email [info@gealc.org.au](mailto:info@gealc.org.au)  
Lots of fun games with afternoon tea. Free.

## Glen Eira Seniors Table Tennis Fun Day

Monday 21 October, 12pm–3pm  
Glen Eira Sports and Aquatic Centre  
Bookings: [www.trybooking.com/CUUUD](http://www.trybooking.com/CUUUD) call 9575 7100

Come for a fun hit of table tennis with our local seniors table tennis clubs. Try your hand at doubles or singles. Free.

## Gentle movement for an improved posture

Monday 21 October, 1.30pm–2.30pm  
Godfrey Street Community House  
Contact 9557 9037 or [admin@godfreystreet.org](mailto:admin@godfreystreet.org)  
Improve posture, reduce tension and enhance overall wellbeing. Free.

## Starting your aged care journey

Wednesday 23 October, 10.30am–11.30am  
Caulfield South Community House  
Bookings: [www.csch.org.au/seniors-festival.html](http://www.csch.org.au/seniors-festival.html)

If you are just beginning your aged care journey, this is your first step. You can see what services are available to help you stay in your own home or what to expect in an aged care home. You can also find out if you are eligible and how much it might cost. Free.

## Gentle yoga

Wednesday 23 October, 6.30pm–7.30pm  
Glen Eira Adult Learning Centre  
Bookings: [gealc.org.au/course-category/events-bookings](http://gealc.org.au/course-category/events-bookings) Phone 9578 8996 or email [info@gealc.org.au](mailto:info@gealc.org.au)

Learn the techniques of gentle yoga. Free.

## Painting and punch

Friday 25 October, 10am–12pm  
Caulfield South Community House  
Bookings: [www.csch.org.au/seniors-festival.html](http://www.csch.org.au/seniors-festival.html)

Whether you're a novice or an experienced painter, Cherie will provide step-by-step guidance throughout this session while you enjoy a refreshing glass of non-alcoholic punch. \$10.

## Falls prevention

Friday 25 October, 2pm–3pm  
Carnegie Library and Community Centre  
Bookings: [www.trybooking.com/CSRHV](http://www.trybooking.com/CSRHV) or call Glen Eira Libraries 9524 3700

In this session you will learn how to reduce the risk of falls and stay active and independent for longer. All attendees will receive information to take home, including exercises to improve strength, mobility, and balance. Presented by Bolton Clarke. Free.

## Derry Street Big Band Concert party

Sunday 27 October, 11.30am–3.30pm  
East Bentleigh Senior Citizens Centre  
For bookings, call 0414 884 910

A music celebration in the concert hall featuring all swinging DJ Coakley Band, *The Derry Airs*, showcasing songs from the all-time classics. \$25 non-members. \$20 for members.

## Frankie Davis Junior, King of Swing

Sunday 27 October, 1pm–4pm  
Bentleigh Senior Citizens Centre  
Bookings: call 0423 305 619

Come and sing along, tap your toes or get up on the dance floor. Followed by the famous KG Putt Seniors Club scones with jam and cream. \$10.





### Floristry workshop

Monday 28 October, 1pm–2.30pm  
Godfrey Street Community House  
Contact 9557 9037 or  
admin@godfreystreet.org

Working with season flowers and foliage. Get guidance and inspiration to make a beautiful arrangement. Free.

### Qigong

Monday 28 October, 8.30am  
Glen Eira Sports and Aquatic Centre  
Bookings: [www.trybooking.com/CTLEM](http://www.trybooking.com/CTLEM)  
call 9575 7100

A gentle and restorative exercise therapy incorporating a variety of low impact movements with stillness and some meditation. Free.

### Chair-based yoga

Monday 28 October, 2pm–3pm  
Glen Eira Adult Learning Centre  
Bookings: [gealc.org.au/course-category/events-bookings](http://gealc.org.au/course-category/events-bookings) or call 9578 8996 or email [info@gealc.org.au](mailto:info@gealc.org.au)

Chair-based yoga for relaxation. Free.

### Zumba Gold

Tuesday 29 October, 8.25am–9.30am  
Glen Eira Sports and Aquatic Centre  
Bookings: [www.trybooking.com/CTLEM](http://www.trybooking.com/CTLEM)  
call 9575 7100

Perfect for everyBODY. Come and move your body and have fun. Set to Latin rhythms, it's exhilarating. Free.

### Living Stronger

Wednesday 30 October, 11.30am–12.15pm  
Caulfield Recreation Centre  
Bookings: [www.trybooking.com/CTLEP](http://www.trybooking.com/CTLEP)  
call 9575 7100

*Living Stronger* program is designed for older adults who are wanting to start exercise for the first time, returning to exercise or who are looking for a gentler approach to group fitness classes. Free.

### Gentle yoga

Wednesday 30 October, 6.30pm–7.30pm  
Glen Eira Adult Learning Centre  
Bookings: [gealc.org.au/course-category/events-bookings](http://gealc.org.au/course-category/events-bookings) or call 9578 8996 or email [info@gealc.org.au](mailto:info@gealc.org.au)

Learn the techniques of gentle yoga. Free.

### Activate circuit

Thursday 31 October, 10.30am–11.15am  
Glen Eira Sports and Aquatic Centre  
Bookings: [www.trybooking.com/CTLEM](http://www.trybooking.com/CTLEM)  
call 9575 7100

Designed to help improve functional movement, strength, balance, coordination and bone density in older adults. Free.

### Sunflower and scones

Thursday 31 October, 11am–12.30pm  
Caulfield South Community House  
Bookings: [www.csch.org.au/seniors-festival.html](http://www.csch.org.au/seniors-festival.html)

Come and learn some tips, tricks and secrets about sunflowers and how they grow! Seeds, punnets and potting mix supplied. Enjoy a Devonshire tea. \$10.

## Event locations

**Bentleigh Senior Citizens Centre**  
2 Arthur Street, Bentleigh

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

**Caulfield Recreation Centre**  
6 Maple Street, Caulfield South

**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

**Glen Eira Adult Learning Centre**  
169A McKinnon Road, McKinnon

**Glen Eira City Council Gallery**  
Glen Eira Town Hall  
Corner Glen Eira and Hawthorn Roads, Caulfield

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

**Glen Eira Town Hall — Auditorium**  
Corner Glen Eira and Hawthorn Roads, Caulfield

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

**Moorleigh Community Village**  
90–92 Bignell Road, Bentleigh East

**Murrumbeena Park Community Hub**  
28 Gerald Street, Murrumbeena

**Rippon Lea Estate**  
192 Hotham Street, Elsternwick