

# OUT & ABOUT

JANUARY–DECEMBER 2020

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Your guide to what's on for older people in the City of Melbourne



# OUT&ABOUT

**Out & About is your guide to what's happening in your neighbourhood and beyond.**

You may notice some changes with this issue of Out & About. Activities are now listed by neighbourhood so you can find what's on near you more easily. Most activities listed are either free or low cost. Some require an annual membership fee. Please contact the activity organiser directly for further information.

Out & About is now an annual publication. You can keep up to date with all the latest events and activities by visiting [melbourne.vic.gov.au/olderpeople](https://melbourne.vic.gov.au/olderpeople), calling us on 9658 9190 or chatting to our team at your local Healthy Ageing Neighbourhood Centre (see page 2 and 3 for details).

## **Acknowledgement of Traditional Owners**

The City of Melbourne respectfully acknowledges the Traditional Owners of the land, the Boon Wurrung and Woiwurrung (Wurundjeri) people of the Kulin Nation and pays respect to their Elders, past and present.

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## INTRODUCING ACTIVITY THEMES

You will notice the addition of symbols to this issue of Out & About. These have been added to show activity theme(s).

-  Arts and Culture
-  Health and Wellbeing
-  Lifelong Learning
-  Social Groups

# HEALTHY AGEING NEIGHBOURHOOD CENTRES

City of Melbourne runs three neighbourhood centres especially for older residents and groups.

## **Jean McKendry Neighbourhood Centre**

Enjoy a low cost social lunch, gentle yoga class or get creative at an art class. Join one of the culturally and linguistically diverse groups who meet regularly including Mandarin, Somali and Spanish speaking groups. Activities include singing, dancing, art and craft, cooking, sewing, meals, outings and more.

91-111 Melrose Street, North Melbourne  
9328 1665

## **Kensington Neighbourhood Centre**

Located behind Kensington Town Hall, the Centre is a warm, inviting and inclusive space for a number of local not-for-profit organisations and various culturally and linguistically diverse groups, including Greek, Italian and Arabic speaking groups. Activities offered by groups include community meals, arts and crafts, gentle exercise, organ concerts, outings, shows, afternoon teas, information sessions and various other social activities.

18 Anthony Street, Kensington  
9376 9743

### **South Yarra Neighbourhood Centre**

Located in picturesque Fawkner Park, the centre is a bright and welcoming meeting space. Take part in a range of activities including tai chi, gentle yoga, social lunches, live music and more.

Fawkner Park, 65 Toorak Road West,  
South Yarra

9820 2760

The centres can be booked by registered community groups and not for profit organisations that prioritise the needs of older people, subject to eligibility and availability.

We also deliver programs for older people at the Kathleen Syme Library and Community Centre in Carlton.

And of course, you will find a huge range of activities for people of every age at our community hubs, libraries and recreation centres. Check in the neighbourhood listings for further details.

### **Contact us**

Healthy Ageing

9658 9190





[healthyageing@melbourne.vic.gov.au](mailto:healthyageing@melbourne.vic.gov.au)  
[melbourne.vic.gov.au/olderpeople](https://melbourne.vic.gov.au/olderpeople)






# CARLTON AND PARKVILLE





# CARLTON AND PARKVILLE




 Arts and culture    Health and Wellbeing    Lifelong Learning    Social Groups

ACTIVITY	DAY	ADDRESS / CONTACT
<p><b>Carer Support Group</b></p> <p>Anyone can become a carer at any stage of their life. Carers play an invaluable role in our community and provide unpaid care and support to family members or friends with a variety of care needs. This group is an opportunity to share and receive information, support and experiences with other local carers.</p> <p> </p>	Contact organiser	<p>Kathleen Syme Library and Community Centre 251 Faraday Street, Carlton 9658 9989 <a href="mailto:healthyageing@melbourne.vic.gov.au">healthyageing@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/kathleensyme">melbourne.vic.gov.au/kathleensyme</a></p>
<p><b>Carlton Baths</b></p> <p>Carlton Baths welcomes members and visitors to use a range of facilities and services. The facility offers over 60 group fitness classes each week and a 25 metre outdoor pool which is open from October to April each year. Casual and ongoing memberships available. The Prime membership is specifically designed to support people over 60 build fitness and strength. The YMCA Open Doors program can provide financial assistance for people who are unable to access the facility.</p> <p></p>	Daily	<p>Carlton Baths 248 Rathdowne Street, Carlton 9347 3677 <a href="mailto:carltonbaths@ymca.org.au">carltonbaths@ymca.org.au</a> <a href="http://carltonbaths.ymca.org.au">carltonbaths.ymca.org.au</a></p>




# CARLTON AND PARKVILLE






ACTIVITY	DAY	ADDRESS / CONTACT
<p><b>Carlton Farmers Market</b></p> <p>Buy your meat, fruit and vegetables as well as nuts, eggs and cheese – all while supporting ethical and local growers and producers. Enjoy a hearty breakfast or an early lunch while you're there.</p> 	<p>First Saturday of the month</p>	<p>Carlton North Primary School Corner Canning and O'Grady Streets, Carlton 9499 3400 or 0429 146 627 <a href="http://mfm.com.au">mfm.com.au</a></p>
<p><b>Carlton Neighbourhood Learning Centre</b></p> <p>Take part in a broad and varied program that includes community activities, English language and computer classes, community gardening and other general interest courses.</p> 	<p>Daily</p>	<p>Carlton Neighbourhood Learning Centre 20 Princes Street, Carlton 9347 2739 <a href="mailto:info@cnlc.org.au">info@cnlc.org.au</a> <a href="http://cnlc.org.au">cnlc.org.au</a></p>
<p><b>Carlton Women's Turkish Group (cohealth)</b></p> <p>Connect and share experiences with other Turkish women. Language spoken by participants in this group is Turkish.</p> 	<p>Tuesday</p>	<p>Community Hall Ground Floor, 510 Lygon Street, Carlton 9448 6792 <a href="mailto:maria.ibrahim@cohealth.org.au">maria.ibrahim@cohealth.org.au</a> <a href="http://cohealth.org.au">cohealth.org.au</a></p>




ACTIVITY	DAY	ADDRESS / CONTACT
<b>Cinema Nova</b> Enjoy an affordable day at the movies with discounted tickets. 	Monday	Lygon court 380 Lygon Street, Carlton 9347 5331 <a href="http://cinemanova.com.au">cinemanova.com.au</a>
<b>Circolo Pensionati Italiani di San Marco in Lamis</b> Join in for meals and outings with other members of the Italian community. Language spoken by participants in this group is Italian. 	Wednesday	San Marco in Lamis Social Club 149 Canning Street, Carlton 0402 026 116 <a href="mailto:graciepirro@yahoo.com">graciepirro@yahoo.com</a>
<b>Community Morning Tea</b> Join us for a relaxed community get together with morning tea and live music by sing-a-long champions <i>The Flukes</i> ukulele group. 	Third Monday of the month	Kathleen Syme Library and Community Centre 251 Faraday Street, Carlton 9658 7310 <a href="mailto:kathleensymecentre@melbourne.vic.gov.au">kathleensymecentre@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/kathleensyme">melbourne.vic.gov.au/kathleensyme</a>

# CARLTON AND PARKVILLE




ACTIVITY	DAY	ADDRESS / CONTACT
<b>eAudiobook Club</b> The eAudiobook club is just like a regular book club, with great books selected and discussed once a month. Download, listen, gather and discuss! 	Third Tuesday of the month	Kathleen Syme Library and Community Centre 251 Faraday Street, Carlton 9658 7300 <a href="mailto:read@melbourne.vic.gov.au">read@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/olderpeople">melbourne.vic.gov.au/olderpeople</a>
<b>Eritrean Men's Group (cohealth)</b> Take part in cultural events, meals, information and social activities with other men. Languages spoken by participants in this group are Tigre, Tigrinya and Arabic. 	Thursday	Community Hall Ground Floor, 510 Lygon Street, Carlton 9448 6792 <a href="mailto:maria.ibrahim@cohealth.org.au">maria.ibrahim@cohealth.org.au</a> <a href="http://cohealth.org.au">cohealth.org.au</a>
<b>Eritrean Women's Group (Carlton Neighbourhood Learning Centre)</b> Join other women in the community to share meals, social support and forums on particular issues. 	Friday	Community Hall Ground Floor 510 Lygon Street, Carlton 9347 2739 <a href="mailto:cdc@cnlc.org.au">cdc@cnlc.org.au</a> <a href="http://cnlc.org.au">cnlc.org.au</a>

ACTIVITY	DAY	ADDRESS / CONTACT
<b>Harari Womens Group (Carlton Neighbourhood Learning Centre)</b> Join other women in the community to share meals, social support and forums on particular issues. 	Saturday	Community Room 38 Elgin Street, Carlton 9347 2739 <a href="mailto:cdc@cnlc.org.au">cdc@cnlc.org.au</a> <a href="http://cnlc.org.au">cnlc.org.au</a>
<b>Kathleen Syme Library and Community Centre</b> Welcome to your local creative, learning and community space. The centre is home to a comprehensive library, as well as learning and training rooms with a computer lab, makerspace, recording studio, meeting rooms, community activity spaces, cafe and free wifi. There are regular activities and events for people of all ages including a weekly program for older people on a Wednesday and a monthly carers group.    	Daily	Kathleen Syme Library and Community Centre 251 Faraday Street, Carlton 9658 7310 <a href="mailto:kathleensymecentre@melbourne.vic.gov.au">kathleensymecentre@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/kathleensyme">melbourne.vic.gov.au/kathleensyme</a>



# CARLTON AND PARKVILLE




ACTIVITY	DAY	ADDRESS / CONTACT
<p><b>Maltese Communities Council of Victoria</b></p> <p>Enjoy a range of activities and opportunities for social connection through music, gentle exercise, meals, guest speakers, health education and access to Maltese library. Language spoken by participants in this group is Maltese.</p> 	<p>First Tuesday and Friday of the month</p>	<p>Maltese Community Council of Victoria 477 Royal Parade, Parkville 9387 8922 <a href="mailto:maree.rizzo@mccv.org.au">maree.rizzo@mccv.org.au</a> <a href="http://mccv.org.au">mccv.org.au</a></p>
<p><b>Melbourne Museum</b></p> <p>Gain a rich and inspiring insight into life in Victoria through a variety of exhibitions and activities.</p> 	<p>Daily</p>	<p>Melbourne Museum 11 Nicholson Street, Carlton 13 11 02 <a href="mailto:mvbookings@museum.vic.gov.au">mvbookings@museum.vic.gov.au</a> <a href="http://museumsvictoria.com.au">museumsvictoria.com.au</a></p>
<p><b>Morning Exercise Melbourne</b></p> <p>Join us for daily invigorating exercises. Languages spoken by participants in this group are Mandarin and English.</p> 	<p>Monday to Friday</p>	<p>Royal Exhibition Building Museum Plaza 9 Nicholson Street and at 480 Lygon Street, Carlton 0432 625 876</p>



ACTIVITY	DAY	ADDRESS / CONTACT
<b>Older Person's Highrise Support Program (cohealth)</b> Enjoy morning tea, Chinese group activities, women's group activities, healthy lunches and exercise. Get involved in the community garden and get information from the residents' advisory group. Residents only.  	Contact organiser	Older Persons Highrise Support Program 530 Lygon Street, Carlton 9448 5515 <a href="http://cohealth.org.au">cohealth.org.au</a>
<b>Parkville Tennis Club Social Seniors Tennis</b> If you're a beginner or coming back to tennis, come and enjoy a hit and morning tea. Suitable for all skill levels and held each week at Parkville Tennis Club. Anyone over the age of 35 is welcome. Racquets are available for loan. 	Wednesday	Parkville Tennis Club 151 Royal Parade, Parkville 0412 279 156 <a href="mailto:parkvilletennis@gmail.com">parkvilletennis@gmail.com</a> <a href="http://tennis.com.au/parkvilletc">tennis.com.au/parkvilletc</a>

# CARLTON AND PARKVILLE

ACTIVITY	DAY	ADDRESS / CONTACT
<p><b>Social Support Group</b></p> <p>If you or a loved one is interested in social and recreational activities but need extra support we offer a choice of groups to meet your individual needs and preferences. The program includes transport, activities, a meal and support from trained and caring staff. Eligibility criteria apply.</p> 	Daily	<p>Kathleen Syme Library and Community Centre 251 Faraday Street, Carlton My Aged Care on 1800 200 422 <a href="http://myagedcare.gov.au">myagedcare.gov.au</a></p>
<p><b>Somali Senior Women's Group (cohealth)</b></p> <p>Enjoy meals and share information, support and activities including walking and outings with other women. Language spoken by participants in this group is Somali.</p> 	Friday	<p>Community Hall 480 Lygon Street, Carlton 9448 6792 <a href="mailto:maria.ibrahim@cohealth.org.au">maria.ibrahim@cohealth.org.au</a> <a href="http://cohealth.org.au">cohealth.org.au</a></p>

ACTIVITY	DAY	ADDRESS / CONTACT
<p><b>The Carlton Gardens Probus Club</b></p> <p>Learn from regular speakers and enjoy cultural excursions and various interest groups including coffee club, dine out group, golf, bocce, mahjong and internet workshops.</p> 	<p>First Tuesday of the month, interest based groups at various locations and times</p>	<p>The Clyde Hotel 385 Cardigan Street (corner of Elgin Street), Carlton 0423 467 391 <a href="mailto:carltongardens@probusclubs.com.au">carltongardens@probusclubs.com.au</a> <a href="http://probussouthpacific.org">probussouthpacific.org</a></p>
<p><b>The Community Grocer</b></p> <p>Buy your weekly fresh food in a more affordable way while supporting healthy, connected communities.</p> 	<p>Friday 8am to noon</p>	<p>The Community Grocer 478 Drummond Street, Carlton <a href="http://thecommunitygrocer.com.au">thecommunitygrocer.com.au</a></p>
<p><b>The Probus Club of Carlton Parkville</b></p> <p>Come along to weekly, monthly or one-off activities including outings, dining, cycling, walking, book, art, music, theatre, film and bridge groups.</p> 	<p>Second Tuesday of the month</p>	<p>Graduate House 220 Leicester Street, Carlton <a href="mailto:probuscarltonparkville@gmail.com">probuscarltonparkville@gmail.com</a></p>







# DOCKLANDS, SOUTH YARRA AND SOUTHBANK











# DOCKLANDS, SOUTH YARRA AND SOUTHBANK

 Arts and culture
  Health and Wellbeing
  Lifelong Learning
  Social Groups

ACTIVITY	DAY	ADDRESS / CONTACT
<b>Boyd Community Hub</b> Boyd is the City of Melbourne's first integrated community service space, transformed from the heritage-listed site of the former JH Boyd Girls' High School. Spaces are available at Boyd for meetings, events and consultations.    	Daily	Boyd Community Hub 207 City Road, Southbank 9658 8314 <a href="mailto:boyd@melbourne.vic.gov.au">boyd@melbourne.vic.gov.au</a> <a href="https://melbourne.vic.gov.au/boyd">melbourne.vic.gov.au/boyd</a>
<b>Boyd Community Hub Walking Group</b> A great way to stay active and socialise at the same time. Contact organiser for more information. 	Wednesday	Boyd Community Hub 207 City Road Southbank, Southbank 0411 798 934 <a href="mailto:justin@justintimept.com">justin@justintimept.com</a>
<b>Boyd Laughter Club</b> Come along and have a laugh for a natural high that will increase positivity, manage stress and enhance your mind, body and social wellbeing. 	Tuesday	Boyd Community Hub 207 City Road, Southbank 0408 552 269 <a href="mailto:info@laughterclubsvic.org.au">info@laughterclubsvic.org.au</a> <a href="https://laughterclubsvic.org">laughterclubsvic.org</a>




# DOCKLANDS, SOUTH YARRA AND SOUTHBANK

ACTIVITY	DAY	ADDRESS / CONTACT
<p><b>Chinese Book Club</b></p> <p>Come and join us for morning tea and see our new Chinese books at Library at The Dock. Meet other readers, have a chat and find some new Chinese books, magazines or DVDs to borrow.</p> 	<p>Second Thursday of the month</p>	<p>Library at The Dock 107 Victoria Harbour Promenade, Docklands 9658 9998 <a href="mailto:library@melbourne.vic.gov.au">library@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/librarydock">melbourne.vic.gov.au/librarydock</a></p>
<p><b>Community Hub at The Dock</b></p> <p>Situated on the waterfront of Victoria Harbour, the Community Hub at The Dock is a community facility for boating enthusiasts and families to access a range of services. There is a large multipurpose room suitable for community workshops and health and wellbeing activities.</p> 	<p>Daily</p>	<p>Community Hub at The Dock 912 Collins Street, Docklands 9658 9161 <a href="http://melbourne.vic.gov.au/communityhubdock">melbourne.vic.gov.au/communityhubdock</a></p>
<p><b>Community Sailing at Docklands Yacht Club</b></p> <p>Take part in community sailing days, held all year round unless there is a gale warning. Step into a sturdy, easy to operate boat. All ages and abilities welcome.</p> 	<p>Second and fourth Sunday of the month unless weather does not permit</p>	<p>Docklands Yacht Club 912 Collins Street, (adjacent to the Dock Library), Docklands <a href="mailto:docklandsyachtclub@gmail.com">docklandsyachtclub@gmail.com</a> <a href="http://docklands.yachting.org.au">docklands.yachting.org.au</a></p>

ACTIVITY	DAY	ADDRESS / CONTACT
<p><b>Dock Laughter Club</b></p> <p>Come along and have a laugh for a natural high that will increase positivity, manage stress and enhance your mind, body and social wellbeing.</p> 	<p>First Saturday of the month</p>	<p>Buluk Park at the Dock (front of library), 107 Victoria Harbour Promenade, Docklands 0431 166 002 <a href="mailto:info@laughterclubsvic.org.au">info@laughterclubsvic.org.au</a> <a href="http://laughterclubsvic.org.au">laughterclubsvic.org.au</a></p>
<p><b>English Conversation Club at Library at The Dock</b></p> <p>Come along for informal English conversation practice, meet new people and improve your English language skills. All sessions are facilitated by a native-speaking volunteer.</p> 	<p>Monday to Thursday</p>	<p>Library at The Dock 107 Victoria Harbour Promenade, Docklands 9658 9998 <a href="mailto:library@melbourne.vic.gov.au">library@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/librarydock">melbourne.vic.gov.au/librarydock</a></p>
<p><b>English Conversation Club at Southbank Library</b></p> <p>Come along for informal English conversation practice, meet new people and improve your English language skills. All sessions are free and facilitated by a native-speaking volunteer.</p> 	<p>Monday</p>	<p>Southbank Library at Boyd 207 City Road, Southbank 9658 8300 <a href="mailto:boyd@melbourne.vic.gov.au">boyd@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/boyd">melbourne.vic.gov.au/boyd</a></p>

# DOCKLANDS, SOUTH YARRA AND SOUTHBANK

 Arts and culture
  Health and Wellbeing
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ACTIVITY	DAY	ADDRESS / CONTACT
<b>Fawkner Park Laughter Club</b> Get together for a medicinal belly laugh. Laughter can help to improve physical, mental, emotional, spiritual and social health. Meet at playground with large boulders near tennis courts. 	Third Saturday of the month	Fawkner Park South Yarra 0431 166 002 <a href="mailto:info@laughterclubsvic.org.au">info@laughterclubsvic.org.au</a> <a href="http://laughterclubsvic.org.au">laughterclubsvic.org.au</a>
<b>Melbourne Sunrise Probus Club</b> Come to the monthly meeting and meal or join an interest group including Pilates, golf, mah-jong, table tennis, social lawn bowls, book and coffee club, photography, walking group, family history, cinema and bridge. 	First Thursday of the month, interest groups on various days and times	2nd floor Performance Space, Library at the Dock 107 Victoria Harbour Promenade, Docklands <a href="mailto:mshpc.docklands@gmail.com">mshpc.docklands@gmail.com</a> <a href="http://clubrunner.ca/mshpc">clubrunner.ca/mshpc</a>
<b>South Yarra Neighbourhood Centre</b> Take part in a range of activities including tai chi, gentle yoga, social lunches, live music and more. 	Daily	Fawkner Park 65 Toorak Road West, South Yarra 9820 2760






# EAST MELBOURNE AND MELBOURNE












# EAST MELBOURNE AND MELBOURNE

ACTIVITY	DAY	ADDRESS / CONTACT
<b>Any Book Book Club</b> Share your love of reading and get inspiration about what to read next. No set books, instead, each person shares what they are currently reading. 	First Tuesday of the month	East Melbourne Library 122 George Street, East Melbourne 9658 9600 <a href="mailto:read@melbourne.vic.gov.au">read@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/libraries">melbourne.vic.gov.au/libraries</a>
<b>ArtPlay</b> Bringing together children, families and artists to explore and create innovative art experiences that encourage self-expression and playful exchange. 	Check website for schedule of events	ArtPlay, Birrarung Marr Batman Avenue, Melbourne 9658 7880 <a href="mailto:artplay@melbourne.vic.gov.au">artplay@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/artplay">melbourne.vic.gov.au/artplay</a>
<b>Association of New Elderly</b> Take part in a variety of activities in the central city including meals, yoga and a singing and movie group. Language spoken by participants in this group is Japanese. 	Various days	Various locations around the city 0425 766 485 <a href="mailto:ANEnonprofit@gmail.com">ANEnonprofit@gmail.com</a>





ACTIVITY	DAY	ADDRESS / CONTACT
<p><b>Austral Salon Recital</b></p> <p>Bring your lunch and listen to music at these lunchtime recitals by talented young musicians. Tea, coffee and cake provided.</p> 	<p>Fourth Monday of the month</p>	<p>St Peter's Eastern Hill Main Hall, 15 Gisborne Street (opposite St Patrick's Cathedral), East Melbourne 0449 727 910 <a href="mailto:australsalonofmusic@gmail.com">australsalonofmusic@gmail.com</a> <a href="http://australsalon.org">australsalon.org</a></p>
<p><b>A Walk in the Flagstaff Gardens</b></p> <p>Join expert tour guides from the Royal Historical Society of Victoria on a guided walk through the beautiful Flagstaff Gardens. Visitors will climb Flagstaff Hill to consider its place in Melbourne topography and pre-European history as well as its early role as a burial ground.</p>  	<p>Monday</p>	<p>Royal Historical Society of Victoria 239 A'Beckett Street, Melbourne 9326 9288 <a href="mailto:office@historyvictoria.org.au">office@historyvictoria.org.au</a> <a href="http://historyvictoria.org.au/rhsv-walking-tours">historyvictoria.org.au/rhsv-walking-tours</a></p>

# EAST MELBOURNE AND MELBOURNE

ACTIVITY	DAY	ADDRESS / CONTACT
<p><b>Calm in the City Meditation</b></p> <p>Stay calm in the city, learn how to maintain a peaceful attitude to life and reduce daily stress.</p> 	<p>Every Thursday (no sessions in July or January)</p>	<p>Federation Square The Atrium, Corner Swanston and Flinders Streets, Melbourne 9655 1900 <a href="mailto:admin@calminthecity.org.au">admin@calminthecity.org.au</a> <a href="http://calminthecity.org.au">calminthecity.org.au</a></p>
<p><b>Chinese Community Healthy Advisory of Australia</b></p> <p>Take part in community activities for Chinese seniors including information sessions, physical exercise, meals and outings. Language spoken by participants in this group is Cantonese and Mandarin.</p>  	<p>Friday</p>	<p>Multicultural Hub 506 Elizabeth Street, Melbourne 9658 9190 <a href="mailto:healthyageing@melbourne.vic.gov.au">healthyageing@melbourne.vic.gov.au</a></p>
<p><b>Classics Book Club</b></p> <p>A book club for people who want to read or re-read the classics, from traditional to modern to cult. Each month we read a classic book and then get together to chat about it.</p> 	<p>Third Wednesday of the month</p>	<p>City Library 253 Flinders Lane, Melbourne 9658 9500 <a href="mailto:read@melbourne.vic.gov.au">read@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/libraries">melbourne.vic.gov.au/libraries</a></p>

ACTIVITY	DAY	ADDRESS / CONTACT
<p><b>COTA Victoria</b></p> <p>A not-for-profit organisation promoting opportunities for and protecting the rights of people aged over 50. Activities include advocacy, information and social groups including bike rides and an older men's ideas group.</p> <p>  </p>	Monday to Friday	<p>COTA Victoria</p> <p>Level 4, 533 Little Lonsdale Street, Melbourne</p> <p>9655 2199</p> <p><a href="mailto:cotavic@cotavic.org.au">cotavic@cotavic.org.au</a></p> <p><a href="http://cotavic.org.au">cotavic.org.au</a></p>
<p><b>ESL Conversation Club at City Library</b></p> <p>Come along for informal English conversation practice, meet new people and improve your English language skills. All sessions are free and facilitated by a native-speaking volunteer.</p> <p></p>	Monday to Friday	<p>City Library</p> <p>253 Flinders Lane, Melbourne</p> <p>9658 9500</p> <p><a href="mailto:library@melbourne.vic.gov.au">library@melbourne.vic.gov.au</a></p> <p><a href="http://melbourne.vic.gov.au/libraries">melbourne.vic.gov.au/libraries</a></p>
<p><b>Existentialist Society Lectures</b></p> <p>Learn at this monthly lecture series addressing concepts related to existentialism. Starts in February. No prior booking required, all are welcome.</p> <p></p>	First Tuesday of the month	<p>Unitarian Church Hall</p> <p>110 Grey Street, East Melbourne</p> <p>9467 2063</p> <p><a href="mailto:existmelb@yahoo.com.au">existmelb@yahoo.com.au</a></p> <p><a href="http://existentialistmelbourne.org">existentialistmelbourne.org</a></p>

# EAST MELBOURNE AND MELBOURNE



ACTIVITY	DAY	ADDRESS / CONTACT
<b>Federation of Spanish Speaking Senior Citizens in Victoria</b> Join in meals, cultural, social and educational activities. Language spoken by participants in this group is Spanish. 	Thursday	Ross House 247-251 Flinders Lane, Melbourne 9650 1210 <a href="mailto:spanishfeder@yahoo.com.au">spanishfeder@yahoo.com.au</a>
<b>Federation Square Guided Tours</b> Learn about the site's history, unique architecture and the engineering marvels that make Fed Square one of the city's great icons.  	Monday to Saturday	Meet at the Australian, Aboriginal and Torres Strait islander Flags in the Swanston Street Forecourt, Melbourne 9655 1900 <a href="mailto:info@fedsquare.com">info@fedsquare.com</a> <a href="http://fedsquare.com">fedsquare.com</a>
<b>Federation Square Laughter Club</b> Come along and have a laugh for a natural high that will increase positivity, manage stress and enhance your mind, body and social wellbeing. 	First and third Sunday of the month	The Atrium, Federation Square Melbourne 0431 166 002 <a href="mailto:info@laughterclubsvic.org.au">info@laughterclubsvic.org.au</a> <a href="http://laughterclubsvic.org.au">laughterclubsvic.org.au</a>





ACTIVITY	DAY	ADDRESS / CONTACT
<p><b>Health Qigong</b></p> <p>Activate your mind, body and soul with this Chinese system of physical exercise and breathing control, related to tai chi.</p> 	Friday	<p>Federation Square The Square, corner of Swanston and Flinders Street, Melbourne 9889 9999 <a href="mailto:info@taichiaustralia.com.au">info@taichiaustralia.com.au</a> <a href="http://taichiaustralia.com.au">taichiaustralia.com.au</a></p>
<p><b>Indo China Ethnic Chinese Association</b></p> <p>Take part in activities including sharing community meals. The community meal is held on the third Tuesday of the month. Language spoken by participants in this group is Cantonese.</p> 	Various days	<p>Ross House 247-251 Flinders Lane, Melbourne 0408 358 139 <a href="mailto:H.Quach@boxhill.edu.au">H.Quach@boxhill.edu.au</a></p>
<p><b>Japanese Book Club</b></p> <p>Join us at City Library for a Japanese Language Book Club. Get together with other Japanese speakers and chat about your favourite reading materials.</p> 	Third Tuesday of the month	<p>City Library 253 Flinders Lane, Melbourne 9658 9500 <a href="mailto:read@melbourne.vic.gov.au">read@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/libraries">melbourne.vic.gov.au/libraries</a></p>








# EAST MELBOURNE AND MELBOURNE

ACTIVITY	DAY	ADDRESS / CONTACT
<b>Koorie Heritage Trust Exhibitions</b> Visit a space where you can experience, learn, connect and reconnect with the rich, living Aboriginal culture, heritage and histories of Victoria. You can also take part in guided walking tours of the Melbourne CBD led by a friendly Koorie guide. 	Daily	The Yarra Building Levels 1 and 3 Federation Square, Melbourne 8662 6300 <a href="mailto:info@korieheritagetrust.com">info@korieheritagetrust.com</a> <a href="http://korieheritagetrust.com.au">korieheritagetrust.com.au</a>
<b>Korean Book Club</b> Join us at City Library for a Korean Language Book Club. Get together with other Korean speakers and chat about your favourite reading materials. 	Third Wednesday of the month	City Library 253 Flinders Lane, Melbourne 9658 9500 <a href="mailto:read@melbourne.vic.gov.au">read@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/libraries">melbourne.vic.gov.au/libraries</a>
<b>Meditation</b> Escape the stress and busyness of city life to discover the peace of meditation in 30 minute meditation sessions. Be guided through simple meditations that relax the mind and body, leading to a deep experience of inner peace and contentment. All ages and beginners welcome. 	Tuesday	Federation Square Corner Flinders and Swanston Street, Melbourne 9670 6369 <a href="mailto:info@meditateinmelbourne.org">info@meditateinmelbourne.org</a> <a href="http://meditateinmelbourne.org">meditateinmelbourne.org</a>

ACTIVITY	DAY	ADDRESS / CONTACT
<b>Melbourne City Baths</b> Group fitness classes are a motivating way to keep fit and healthy. Melbourne City Baths provides health and fitness services to the community. It has the largest swimming pool in the CBD, as well as a gym and a fitness studio. Classes include Zumba gold, yoga, Pilates, Prime, water workouts and much more. 	Daily	Melbourne City Baths 420 Swanston Street, Melbourne 9658 9011 <a href="mailto:mcb@melbourne.vic.gov.au">mcb@melbourne.vic.gov.au</a> <a href="https://melbourne.vic.gov.au/libraries">melbourne.vic.gov.au/libraries</a>
<b>Melbourne Book Club</b> We read a wide variety of fiction and non-fiction, chosen by our book club members. 	First Tuesday of the month	City Library Group Study Room 253 Flinders Lane, Melbourne 9658 8305 <a href="mailto:read@melbourne.vic.gov.au">read@melbourne.vic.gov.au</a> <a href="https://melbourne.vic.gov.au/libraries">melbourne.vic.gov.au/libraries</a>




# EAST MELBOURNE AND MELBOURNE

ACTIVITY	DAY	ADDRESS / CONTACT
<b>Melbourne Greeter Service Walking Tour</b> Take a free walking orientation of Melbourne conducted by a knowledgeable local. Groups of up to four people can be accommodated and bookings are essential. The tours are available in other languages including Mandarin, Cantonese, Croatian, Greek and Italian. 	Daily	Depart Melbourne Visitor Hub Melbourne Town hall Corner Swanston Street and Collins Street, Melbourne 9658 9658 <a href="http://whatson.melbourne.vic.gov.au">whatson.melbourne.vic.gov.au</a>
<b>Melbourne Line Dancing Group</b> Join in Chinese dancing and exercises. Languages spoken by participants in this group are Cantonese, Mandarin and English. 	Thursday  Tuesday	Atrium, Federation Square South Yarra Neighbourhood Centre 65 Toorak Road West, South Yarra 0430 409 386 <a href="mailto:joanna1398@hotmail.com">joanna1398@hotmail.com</a>

ACTIVITY	DAY	ADDRESS / CONTACT
<b>Melbourne Men's Shed</b> Learn new skills, build friendships and improve your health. Activities include walking group, woodworking, cooking, community projects, social activities and volunteering.   	Monday to Thursday, and the third Saturday of the month	Federation Square Level 1 car park, corner Flinders and Russell Streets, Melbourne 9650 9491 <a href="mailto:info@melbournemensshed.org">info@melbournemensshed.org</a> <a href="http://melbournemensshed.org">melbournemensshed.org</a>
<b>Melbourne Town Hall Tour</b> Learn about the architectural, social and political significance of this impressive building.  	Monday, Wednesday, Thursday and Friday	Melbourne Town Hall 90-130 Swanston Street, Melbourne 9658 9658 <a href="mailto:townhalltour@melbourne.vic.gov.au">townhalltour@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au">melbourne.vic.gov.au</a>
<b>Old Treasury Building Tour</b> The Old Treasury Building is one of Melbourne's finest 19th century buildings. Visit this exciting museum, showcasing the history of Melbourne and Victoria.  	Sunday to Friday	Old Treasury Building 20 Spring Street, Melbourne 9651 2233 <a href="mailto:bookings@otb.org.au">bookings@otb.org.au</a> <a href="http://oldtreasurybuilding.org.au">oldtreasurybuilding.org.au</a>




# EAST MELBOURNE AND MELBOURNE







ACTIVITY	DAY	ADDRESS / CONTACT
<b>Out &amp; About</b> Out & About is a peer service connecting lesbian, gay, bisexual, transgender, or intersex (LGBTI) people across Victoria. It is a free community visitors program run specifically for older members of the LGBTI community. We aim to reduce social isolation and loneliness by creating community connections and facilitating peer friendships. 	Monday to Thursday	9663 2474 or 0466 218 921 <a href="mailto:outandabout@switchboard.org.au">outandabout@switchboard.org.au</a> <a href="http://switchboard.org.au">switchboard.org.au</a>
<b>Queer Book Club</b> Read and discuss all manner of books with lesbian, gay, bisexual, transgender, intersex or queer characters and themes. 	Fourth Monday of the month	Activity Space, City Library 253 Flinders Lane, Melbourne 9658 9500 <a href="mailto:read@melbourne.vic.gov.au">read@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/libraries">melbourne.vic.gov.au/libraries</a>

ACTIVITY	DAY	ADDRESS / CONTACT
<p><b>Royal Botanic Gardens: Branch out</b></p> <p>Connecting with nature can have a powerful impact on health and wellbeing. Awaken your senses through learning about Aboriginal plant knowledge on a walk with a passionate Aboriginal guide, take a rare look inside the National Herbarium of Victoria and enjoy guided meditation and a soothing live harp performance. For a hard copy of the 2020 Branch Out: Experiences in the Gardens for the over 60s publication, please contact: <a href="mailto:marketing@rbg.vic.gov.au">marketing@rbg.vic.gov.au</a></p> <p> </p>	<p>Open daily</p>	<p>Royal Botanic Gardens Victoria Birdwood Avenue, Melbourne 9252 2429 <a href="mailto:rbg@rbg.vic.gov.au">rbg@rbg.vic.gov.au</a> <a href="http://rbg.vic.gov.au">rbg.vic.gov.au</a></p>
<p><b>Sit and Knit</b></p> <p>We sit and knit/crochet on the first Sunday of each month at Ross House and cater to all skill levels. Non-member visitors can attend a sit and knit with some yarn and needles and get some help getting started with some basic techniques or get some knitting tips.</p> <p></p>	<p>First Sunday of each month</p>	<p>Handknitters Guild, Ross House 247-251 Flinders Lane, Melbourne 9878 3758 <a href="mailto:hkguild@gmail.com">hkguild@gmail.com</a> <a href="http://handknittersguild.wordpress.com">handknittersguild.wordpress.com</a></p>







# EAST MELBOURNE AND MELBOURNE

ACTIVITY	DAY	ADDRESS / CONTACT
<b>St Nicholas Antiochian Orthodox Church Senior Citizens Group</b> Join in meals and social activities. Language spoken by participants in this group is Arabic. 	Tuesday	St Nicholas Antiochian Orthodox Church Hall 176 Simpson Street, East Melbourne 9417 2266 <a href="mailto:info@stnicholas.org.au">info@stnicholas.org.au</a> <a href="http://stnicholas.org.au">stnicholas.org.au</a>
<b>Tai Chi for Health</b> Experience the calming qualities of tai chi with a qualified instructor. Please note these sessions are delivered by different providers. 	Tuesday	Federation Square The Square, Corner of Swanston and Flinders streets, Melbourne 9889 9999 <a href="mailto:info@taichiaustralia.com.au">info@taichiaustralia.com.au</a> <a href="http://taichiaustralia.com.au">taichiaustralia.com.au</a>
<b>The Federation of Chinese Associations</b> Join in meals and social activities including singing, dancing, information sessions, exercise, healthy meals, festival celebrations and outings. Language spoken by participants in this group is Mandarin. 	Community meal on last Wednesday of the month, other activities on various days	The Federation of Chinese Associations Suite 6, Level 4, 20 Collins Street, Melbourne 9650 1293 <a href="mailto:f.c.a.victoria@bigpond.com">f.c.a.victoria@bigpond.com</a>

ACTIVITY	DAY	ADDRESS / CONTACT
<b>Thursday Lunchtime Organ Recitals</b> Every Thursday, the grand organ comes to life for a free 30 minute recital. 	Thursday	St Michael's Uniting Church 120 Collins Street, Melbourne 9654 5120 <a href="mailto:office@stmichaels.org.au">office@stmichaels.org.au</a> <a href="http://stmichaels.org.au">stmichaels.org.au</a>
<b>Uniting Church Gospel Hall Melbourne (Yee Hong)</b> Join in meals, outings and social activities. Language spoken by members of this group is Mandarin. 	Fortnightly on Sunday	Wesley Church (School House) 148 Lonsdale Street, Melbourne 9663 6822 <a href="mailto:info@ucghm.org.au">info@ucghm.org.au</a> <a href="http://gospelhall1.wixsite.com/gospelhall">gospelhall1.wixsite.com/gospelhall</a>
<b>U3A Courses and Classes</b> Learn from a range of year-long to short courses. Topics include bridge, botanical art, philosophy and languages. Or join special interest social groups include Let's Do Lunch, Let's Do Music, Let's do Movies, Let's Do Galleries, Let's Do Theatre, Let's Do Walks, and Let's Do Cycling.    	Various days	Courses at various locations in the City of Melbourne. Main office at Greek Centre, Level 5, 168 Lonsdale Street, Melbourne 9639 5209 <a href="mailto:citymelb@u3a.org.au">citymelb@u3a.org.au</a> <a href="http://u3amelbcity.org.au/">u3amelbcity.org.au/</a>

# EAST MELBOURNE AND MELBOURNE


 Arts and culture
  Health and Wellbeing
  Lifelong Learning
  Social Groups



ACTIVITY	DAY	ADDRESS / CONTACT
<b>Victorian Parliament House Tour</b> Explore and learn all about Parliament House. Public tours of Parliament House take place at various times on days when parliament is not sitting. Full and express tours available. Garden and architectural tours also available.  	Weekdays excluding public holidays and when Parliament is not sitting	Parliament House Spring Street, Melbourne 9651 8568 <a href="mailto:tours@parliament.vic.gov.au">tours@parliament.vic.gov.au</a> <a href="http://parliament.vic.gov.au">parliament.vic.gov.au</a>
<b>Welcome to the Library Tour</b> Take a guided tour exploring State Library Victoria's many spaces and services where you can see the magnificent heritage reading rooms and browse collections of books, magazines and music.  	Daily	State Library Victoria 328 Swanston Street, Melbourne 8664 7099 <a href="mailto:inquiries@slv.vic.gov.au">inquiries@slv.vic.gov.au</a> <a href="http://slv.vic.gov.au">slv.vic.gov.au</a>

UNIT 1  
ARDEN STREET  
KENSINGTON






# KENSINGTON



ACTIVITY	DAY	ADDRESS / CONTACT
<b>Australian Greek and Cypriot Senior Citizens of Melbourne</b> Enjoy meals, health talks, outings and other social activities. Language spoken by participants in this group is Greek. 	First Monday of the month	Kensington Neighbourhood Centre 18 Anthony Street, Kensington 9658 9190 <a href="mailto:healthyageing@melbourne.vic.gov.au">healthyageing@melbourne.vic.gov.au</a>
<b>Circolo Pensionati Italiani di Kensington</b> Enjoy meals, tombola, dancing, exercise and other social activities. Language spoken by participants in this group is Italian. 	Every Tuesday and Thursday and monthly on a Saturday for meals and outings	Kensington Neighbourhood Centre 18 Anthony Street, Kensington 0466 870 554 <a href="mailto:conniegenua@bigpond.com">conniegenua@bigpond.com</a>
<b>East African Elders Association</b> Enjoy meals, outings and social activities with other men. If interested please attend on the day and speak to volunteer committee members. Language spoken by participants in this group is Somali. 	Sunday	Kensington Neighbourhood Centre 18 Anthony Street, Kensington 9658 9190 <a href="mailto:healthyageing@melbourne.vic.gov.au">healthyageing@melbourne.vic.gov.au</a>

ACTIVITY	DAY	ADDRESS / CONTACT
<b>Elderly Greek Club of Kensington and Flemington</b> Share in meals, outings, games and other social activities. If interested please attend on the day and speak to volunteer committee members. Language spoken by participants in this group is Greek. 	Friday	Kensington Neighbourhood Centre 18 Anthony Street, Kensington 9658 9190 <a href="mailto:healthyageing@melbourne.vic.gov.au">healthyageing@melbourne.vic.gov.au</a>
<b>Healthy Living and Learning Program</b> Learn to cook healthy affordable meals, join in a weekly activity before lunch such as gardening, gentle exercise, Tai Chi, dancing and enjoy a meal with fellow residents and neighbours. All meals are low cost to make and able to replicate at home. For senior residents of Kensington public housing. 	Thursdays during school terms	Community Room 94 Ormond Street, Kensington 9371 2000 <a href="mailto:dwilson@unison.org.au">dwilson@unison.org.au</a> <a href="http://unison.org.au">unison.org.au</a>









# KENSINGTON

ACTIVITY	DAY	ADDRESS / CONTACT
<p><b>Horn of Africa Senior Women's Program</b></p> <p>Join in meals, outings, information and planned activities with other women. Languages spoken by participants in this group are Tigre, Tigrinya and Arabic.</p> 	<p>Wednesday and on 2nd, 3rd and 4th Monday of the month for an exercise program</p>	<p>Kensington Neighbourhood Centre 18 Anthony Street, Kensington 0413 247 004 <a href="mailto:hoaswg@mrcnorthwest.org.au">hoaswg@mrcnorthwest.org.au</a></p>
<p><b>Indochinese Elderly Refugees Association Vietnamese Elderly Social Group</b></p> <p>Join in meals and social activities. Language spoken by participants in this group is Vietnamese.</p> 	<p>Wednesday</p>	<p>Community Hub 94 Ormond Street, Kensington 9429 1307 <a href="mailto:adminassistant@iera.org.au">adminassistant@iera.org.au</a> <a href="http://iera.org.au">iera.org.au</a></p>
<p><b>Kensington Neighbourhood Centre</b></p> <p>The centre is a warm and inclusive space for local not-for-profit organisations and culturally and linguistically diverse groups, including Greek, Italian and Arabic speaking groups. Activities offered by groups include meals, arts, gentle exercise, outings and music.</p> 	<p>Various days</p>	<p>Kensington Neighbourhood Centre 18 Anthony Street, Kensington 9376 9743</p>

ACTIVITY	DAY	ADDRESS / CONTACT
<p><b>Kensington Community Recreation Centre</b></p> <p>Access recreation facilities and programs for people of all ages and fitness levels, whether through memberships or casual visits. The Prime membership is specifically designed to support people over 60 build fitness and strength. As we get older, physical exercise becomes increasingly important for a wide range of physical and mental health reasons. Members receive access to our facilities and a wide range of age-specific classes including aquatic and land classes, in addition to all mainstream aquatic classes.</p> 	Daily	<p>Kensington Community Recreation Centre            Corner Kensington Road and Altona Street, Kensington            9376 1633  <a href="mailto:kensington@ymca.org.au">kensington@ymca.org.au</a>  <a href="http://kensington.ymca.org.au">kensington.ymca.org.au</a></p>
<p><b>Kensington Chinese Friendship Group</b></p> <p>Enjoy meals, mahjong, table tennis, pool, walking group, craft and outings. Language spoken by participants in this group is Cantonese and Mandarin.</p> 	Monday, Tuesday and Thursday	<p>Community Hub            94 Ormond Street, Kensington            9658 9190  <a href="mailto:kensingtonchinesefa@gmail.com">kensingtonchinesefa@gmail.com</a></p>




# KENSINGTON

ACTIVITY	DAY	ADDRESS / CONTACT
<p><b>Kensington Neighbourhood House</b></p> <p>Come along and take part in a range of education, art, hobby, social groups, health and wellbeing programs. The house is a place to meet, share information, develop skills and break down isolation and other community barriers. Call or check the timetable online for a course or activity that suits you.</p> 	<p>Monday to Friday</p>	<p>Kensington Neighbourhood House 89 McCracken Street, Kensington 9376 6366 <a href="mailto:info@kenhouse.org.au">info@kenhouse.org.au</a> <a href="http://kensingtonneighbourhoodhouse.com">kensingtonneighbourhoodhouse.com</a></p>
<p><b>Kensington Market</b></p> <p>This market is held monthly and provides artists with a wonderful platform to display their produce, perform and be a part of the community.</p> 	<p>Third Sunday of the month</p>	<p>Kensington Town Hall 30-34 Bellair Street, Kensington 0402 752 257 <a href="mailto:info@kensingtonmarket.com.au">info@kensingtonmarket.com.au</a> <a href="http://kensingtonmarket.com.au">kensingtonmarket.com.au</a></p>
<p><b>Older Persons Highrise Support Program (cohealth)</b></p> <p>Enjoy morning tea, tai chi, swimming, outings, healthy lunches and get information from the residents' advisory group. Residents only.</p> 	<p>Various days</p>	<p>Older Persons Highrise Support Program 94 Ormond Street, Kensington 9448 5515 <a href="http://cohealth.org.au">cohealth.org.au</a></p>

ACTIVITY	DAY	ADDRESS / CONTACT
<b>Spanish Group of the Third Age</b> Come along to lunch, afternoon tea, bus trips and a multigenerational festival. Language spoken by participants in this group is Spanish. 	Second Saturday of the month	Kensington Neighbourhood Centre 18 Anthony Street, Kensington 0433 121 448 <a href="mailto:ruthmerino1980@gmail.com">ruthmerino1980@gmail.com</a>
<b>St Mary's Coptic Orthodox Church Social Support Program for Coptic Elderly People</b> Take part in meals, information and planned activities. Language spoken by participants in this group is Arabic. 	Friday	St Mary's Coptic Orthodox Church 5 Epsom Road, Kensington 0406 887 884 <a href="http://hisvine.com/church/25/St-Mary-Church">hisvine.com/church/25/St-Mary-Church</a>
<b>Vietnamese and Indochinese Elderly Group</b> Join information sessions, guest speakers, gentle exercise and a meal. Alternates with a trip outside Melbourne. 	Fortnightly on Thursdays	Kensington Neighbourhood House 89 McCracken Street, Kensington 9376 6366 <a href="mailto:info@kenhouse.org.au">info@kenhouse.org.au</a> <a href="http://kensingtonneighbourhoodhouse.com">kensingtonneighbourhoodhouse.com</a>

# KENSINGTON

 Arts and culture
  Health and Wellbeing
  Lifelong Learning
  Social Groups

ACTIVITY	DAY	ADDRESS / CONTACT
<b>Wednesday Social Group</b> Enjoy a two-course meal and bingo in the company of this friendly social group. Weekly lunches alternate with a bus trip once a month. 	Wednesday	Kensington Neighbourhood House 89 McCracken Street, Kensington 9376 6366 <a href="mailto:info@kenhouse.org.au">info@kenhouse.org.au</a> <a href="http://kensingtonneighbourhoodhouse.com">kensingtonneighbourhoodhouse.com</a>
<b>Western Suburbs Organ Club</b> Join in special organ concerts and supper in a friendly atmosphere. 	Second Wednesday of the month	Kensington Neighbourhood Centre 18 Anthony Street, Kensington 9380 9616 <a href="mailto:terrythodges@hotmail.com">terrythodges@hotmail.com</a>
<b>78 Seniors</b> Enjoy meals, outings and celebratory events at this multicultural group for older residents who live at Kensington public housing. 	Fortnightly or monthly activities on Monday or Tuesday	Community Hub 94 Ormond Street and Community Room 201/78 Clifford Terrace, Kensington 0413 099 012 <a href="mailto:dwilson@unison.org.au">dwilson@unison.org.au</a>




# NORTH AND WEST MELBOURNE










# NORTH AND WEST MELBOURNE

ACTIVITY	DAY	ADDRESS / CONTACT
<p><b>African Community Elderly Association</b></p> <p>Join in meals, outings, cards, billiards, afternoon tea and information with other men. Languages spoken by participants in this group are Tigre, Tigrinya and Arabic.</p> 	<p>Tuesday, Thursday and Saturday</p>	<p>Jean McKendry Neighbourhood Centre 91-111 Melrose Street, North Melbourne 9658 9190 <a href="mailto:healthyageing@melbourne.vic.gov.au">healthyageing@melbourne.vic.gov.au</a></p>
<p><b>Australian Romanian Community Welfare, Health and Services Association of Victoria</b></p> <p>Join in meals, recreation and planned activity group. Language spoken by participants in this group is Romanian.</p> 	<p>Monday to Saturday</p>	<p>Australian Romanian Community Welfare, Health and Services Association of Victoria 55 Melrose Street, North Melbourne 9348 9066 <a href="mailto:arc@ausromwelfare.net.au">arc@ausromwelfare.net.au</a> <a href="http://home.alphalink.com.au/~totanel">home.alphalink.com.au/~totanel</a></p>
<p><b>Australian Somali Women's Healthcare and Community Foundation</b></p> <p>Have fun sewing, cooking, dancing, singing, exercising and learning with other women. Language spoken by participants in this group is Somali.</p> 	<p>Various days</p>	<p>Jean McKendry Neighbourhood Centre 91-111 Melrose Street, North Melbourne 9658 9190 <a href="mailto:healthyageing@melbourne.vic.gov.au">healthyageing@melbourne.vic.gov.au</a></p>



ACTIVITY	DAY	ADDRESS / CONTACT
<b>Bus Trips</b> Travel around Melbourne and to country areas within two hours of the city. 	Fourth Tuesday of every month except school holidays and public holidays	The Centre 58 Errol Street, North Melbourne 9328 1126 <a href="mailto:admin@centre.org.au">admin@centre.org.au</a> <a href="http://centre.org.au">centre.org.au</a>
<b>Chinese Arts Association of Melbourne</b> Have fun at singing, dancing, tai chi, Chinese drumming, meals and other social activities. Language spoken by participants in this group is Mandarin. 	Wednesday and Friday	Jean McKendry Neighbourhood Centre 91-111 Melrose Street, North Melbourne 9658 9190 <a href="mailto:healthyageing@melbourne.vic.gov.au">healthyageing@melbourne.vic.gov.au</a>
<b>Chinese Social Centre of North Melbourne</b> Join in a range of activities from gentle exercise and tai chi, lunches, karaoke, bus trips, camps, Chinese New Year, autumn festival and Christmas celebrations. Languages spoken by members of this group are Mandarin and Cantonese. 	Monday, Wednesday and Thursday at different locations	Chinese Social Centre of North Melbourne 76 Canning Street, North Melbourne 9329 5608 or mobile 0415 110 217 <a href="mailto:karvis@fsnlc.net">karvis@fsnlc.net</a> <a href="http://farnhamst.fsnlc.net">farnhamst.fsnlc.net</a>




# NORTH AND WEST MELBOURNE

ACTIVITY	DAY	ADDRESS / CONTACT
<b>Drop In Morning Tea</b> Enjoy a cup of tea and healthy snacks with a friendly group from different backgrounds. 	First Tuesday of the month excluding school and public holidays	The Centre 58 Errol Street, North Melbourne 9328 1126 <a href="mailto:admin@centre.org.au">admin@centre.org.au</a> <a href="http://centre.org.au">centre.org.au</a>
<b>Jean McKendry Neighbourhood Centre</b> Enjoy a low cost social lunch, gentle yoga class or get creative at an art class. Join one of the culturally and linguistically diverse groups who meet regularly including Mandarin, Somali and Spanish speaking groups. Activities include singing, dancing, art and craft, cooking, sewing, meals, outings and more. 	Various days	Jean McKendry Neighbourhood Centre 91-111 Melrose Street, North Melbourne 9328 1665
<b>Melrose Art Group</b> Take part in weekly painting and craft activities for seniors from all cultural backgrounds. 	Monday	Jean McKendry Neighbourhood Centre 91-111 Melrose Street, North Melbourne 9328 1665 or mobile 0403 443 021 <a href="mailto:healthyageing@melbourne.vic.gov.au">healthyageing@melbourne.vic.gov.au</a> instagram: <a href="https://www.instagram.com/Melart3051">Melart3051</a>

ACTIVITY	DAY	ADDRESS / CONTACT
<b>Nase Zene</b> Share in meals, celebrations, outings, information and socialising. Language spoken by participants in this group is Serbo-Croatian. 	Thursday	Jean McKendry Neighbourhood Centre 91-111 Melrose Street, North Melbourne 0402 903 713 <a href="mailto:info@slavicwelfare.com.au">info@slavicwelfare.com.au</a>
<b>North Melbourne Book Club</b> The North Melbourne book group provides a chance to expand your reading material and discuss current books in a friendly atmosphere. 	Third Monday of the month	North Melbourne Library 66 Errol Street, North Melbourne 9658 9700 <a href="mailto:read@melbourne.vic.gov.au">read@melbourne.vic.gov.au</a> <a href="https://melbourne.vic.gov.au/libraries">melbourne.vic.gov.au/libraries</a>

# NORTH AND WEST MELBOURNE

ACTIVITY	DAY	ADDRESS / CONTACT
<p><b>North Melbourne Chinese Association</b></p> <p>Come along and join in line and social dancing, mahjong, cards, gentle exercise, table tennis, lion dancing and qigong. No contact details available. If interested please attend on the day and speak to volunteer committee members. Languages spoken by participants in this group are Cantonese and Mandarin.</p> 	<p>Wednesday</p>	<p>North Melbourne Community Centre 49-53 Buncle Street, North Melbourne 9658 9190 <a href="https://nmcc.ymca.org.au/">https://nmcc.ymca.org.au/</a></p>
<p><b>North Melbourne Language &amp; Learning</b></p> <p>Take part in English language classes, computer classes and a range of activities that help to build the local community, with a focus on engaging and connecting our culturally and linguistically diverse (CALD) communities.</p> 	<p>Monday to Friday</p>	<p>North Melbourne Language &amp; Learning Ground Floor, 33 Alfred Street, North Melbourne 9326 7447 <a href="mailto:enquiries@nmll.org.au">enquiries@nmll.org.au</a> <a href="http://nmll.org.au">nmll.org.au</a></p>

ACTIVITY	DAY	ADDRESS / CONTACT
<b>North Melbourne Community Centre</b> We offer a wide range of facilities and programs to help you achieve your fitness goals. For people of all ages, abilities and fitness levels. 	Daily	North Melbourne Community Centre 49-53 Buncle Street, North Melbourne 9320 4700 <a href="mailto:nmcc@ymca.org.au">nmcc@ymca.org.au</a> <a href="http://nmcc.ymca.org.au">nmcc.ymca.org.au</a>
<b>North Melbourne Recreation Centre</b> Push your health and fitness further with our gym facilities, pool, group fitness classes, stadium space, meeting rooms, stretching areas and more. Prime Movers memberships are available for people aged 60 and over, with a focus on resistance training and functional strength activities. 	Daily Various hours.	North Melbourne Recreation Centre 204-206 Arden Street, North Melbourne 9658 9444 <a href="mailto:nmrc@melbourne.vic.gov.au">nmrc@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/nmrc">melbourne.vic.gov.au/nmrc</a>
<b>North Melbourne Recreation Group (cohealth)</b> Enjoy meals, social activities and take part in information sessions. 	First Wednesday of the month	Community Hall 76 Canning Street, North Melbourne 9448 6874 <a href="mailto:margaret.yung@cohealth.org.au">margaret.yung@cohealth.org.au</a> <a href="http://cohealth.org.au">cohealth.org.au</a>

# NORTH AND WEST MELBOURNE

ACTIVITY	DAY	ADDRESS / CONTACT
<b>Pilates and Older Adults Exercise Program</b> Strengthen your core muscles and get fit with Pilates. Various levels available. 	Various days and times	The Centre 58 Errol Street, North Melbourne 9328 1126 <a href="mailto:admin@centre.org.au">admin@centre.org.au</a> <a href="http://centre.org.au">centre.org.au</a>
<b>Salvation Army Support in Public Housing Program</b> Take part in meals, walking, water aerobics, woodwork, jewellery making, knitting, outings, cultural events, information and gardening. For people over the age of 50 that resides on the North Melbourne housing estate.   	Monday to Friday	Community Hall 159 Melrose Street, North Melbourne 9328 5361 <a href="mailto:adultservices@aus.salvationarmy.org">adultservices@aus.salvationarmy.org</a> or <a href="mailto:adultservices@salvationarmy.org.au">adultservices@salvationarmy.org.au</a> <a href="http://salvationarmy.org.au">salvationarmy.org.au</a>
<b>Spanish (Speaking) Elderly Group of North Melbourne</b> Enjoy meals, art and craft, outings and social activities. Language spoken by participants in this group is Spanish. 	Tuesday	Jean McKendry Neighbourhood Centre 91-111 Melrose Street, North Melbourne 0403 358 346 <a href="mailto:evelyn.montalvo57@gmail.com">evelyn.montalvo57@gmail.com</a>



ACTIVITY	DAY	ADDRESS / CONTACT
<b>Victorian Elderly Chinese Welfare Society</b> Come to this activity group to enjoy outings, meals, yum cha, Chinese television and magazines. Includes transport to and from activities. Languages spoken by participants in this group are Cantonese and Mandarin. 	Monday to Friday	Victorian Elderly Chinese Welfare Society 187-189 Victoria Street, West Melbourne 9329 2258 <a href="mailto:vecwslow@hotmail.com">vecwslow@hotmail.com</a>
<b>Victorian Lithuanian Pensioners Association</b> Enjoy meals, outings and social activities. Language spoken by participants in this group is Lithuanian. 	Second Wednesday of the month	Lithuanian House 44 Errol Street, North Melbourne 0431 109 687 <a href="mailto:bmay202@gmail.com">bmay202@gmail.com</a> <a href="http://lithuanianclub.com">lithuanianclub.com</a>

# VICTORIAN SENIORS FESTIVAL

Celebrate the Victorian Seniors Festival from 1 to 31 October in 2020 by taking part in a huge range of free and low-cost events and activities across Victoria.

During the festival you can also explore metropolitan and regional Victoria with free public transport for all Victorian seniors card holders from Sunday 4 October until Sunday 11 October, including all V/Line services.

1 to 31 October 2020

Daily at various locations and hours

[seniorsonline.vic.gov.au/festivalsandawards](https://seniorsonline.vic.gov.au/festivalsandawards)



## TELL US WHAT YOU THINK

Get in touch and tell us what you think of the new look Out & About.

You can also suggest an activity for our next edition, update your details or subscribe to receive a digital version of the next publication by email.

Visit **[melbourne.vic.gov.au/olderpeople](https://melbourne.vic.gov.au/olderpeople)** or call our team on 9658 9190.

## CONTACT US

**Phone:** 03 9658 9190

**Email:** [healthyageing@melbourne.vic.gov.au](mailto:healthyageing@melbourne.vic.gov.au)

**Website:** [melbourne.vic.gov.au/olderpeople](https://melbourne.vic.gov.au/olderpeople)

### Write to:

Healthy Ageing  
City of Melbourne

GPO Box 1603  
Melbourne VIC 3000

### National Relay Service:

If you are deaf, hearing impaired or speech impaired, call us via the National Relay Service:

Teletypewriter (TTY) users phone: 13 36 77  
then ask for 9658 9658

Speak & Listen users phone: 1300 555 727  
then ask for 9658 9658

## RECHARGE SCHEME

The Recharge Scheme supports people who use a power wheelchair or mobility scooter to travel without fear of being stranded by a flat battery. Recharge points are identified by the official Recharge logo, and are now located in all libraries, neighbourhood and seniors' centres as well as at Travellers Aid offices at Southern Cross and Flinders Street stations. Several council facilities also offer a dedicated battery charger.

### We're multilingual too:



#### Interpreter services

We cater for people of all backgrounds  
Please call 03 9280 0726

03 9280 0717	廣東話
03 9280 0719	Bahasa Indonesia
03 9280 0720	Italiano
03 9280 0721	普通话
03 9280 0722	Soomaali
03 9280 0723	Español
03 9280 0725	Việt Ngữ
03 9280 0726	عربي
03 9280 0726	한국어
03 9280 0726	हिंदी
03 9280 0726	All other languages

#### Important legal notice

Any activity you undertake is at your own risk. If you have any health or other concerns, you should seek your own independent medical advice before participating. The City of Melbourne accepts no responsibility for any loss or damage suffered, either directly or indirectly, arising out of reliance on information contained in this publication and participation in any activity advertised.

The City of Melbourne does not guarantee that the information contained in this publication is correct and notes that any activity may be cancelled or changed without notice.



CITY OF MELBOURNE