



City of  
**DAREBIN**

the place  
to live

# Darebin Springtime Community Events 2024

**Celebrating  
Victorian  
Seniors  
Festival**

## Come and Try a free session at Reservoir Leisure Centre 2A Cuthbert Road, Reservoir

Visit one of the free sessions and receive your bundle of five free passes to Reservoir Leisure Centre:

**Tuesday, 1 October,**  
all sessions followed by morning tea

**10am:** Arthritis – hydro pool

**10.30am:** Golden Oldies – gentle exercise



**Monday, 7 October**

**9am:** Aqua Moves – big pool

**Wednesday, 16 October**

**11.35am:** Living longer living stronger – gentle exercise

**Friday 26 October**

**11am:** Outdoor Gym,  
TW Andrews Reserve

Come along and learn how to use the outdoor gym equipment with staff from Reservoir Leisure Centre.

**9496 1050**

## Bite & Strike

The Keys Leisure Centre in Preston are putting on a special offer for Seniors Festival from 1-8 October, 11am-3pm.

Enjoy a main meal from our selected menu and a game of bowling for \$25 with your Seniors Card.

188 Plenty Road, Preston

Cost: \$25 with Seniors Card

**8844 4124**



**Darebin City Council acknowledges the Wurundjeri Woi-Wurrung people as the Traditional Owners and custodians of the land and waters we now call Darebin and pays respect to their Elders, past, present and emerging.**



# Weekly Events

## Monday

### Bundoora Coffee and Clubs

From 10am  
Join a ladies' morning at Bundoora Golf Course! For a one-time \$25 membership, enjoy discounted (\$10) 9-hole rounds or buckets on the range. Connect with like-minded women for a fun, social game, and don't miss the free lunch on the first Monday of every month. Bundoora Park Public Golf Course, 1069 Plenty Road. **9469 3880**

### Cooking Class

1-3pm  
Improve your independence, learn new recipes and meet new people at this free community cooking class. Reservoir Neighbourhood House, 2B Cuthbert Road. Booking essential on **8488 6655**

### Casual Pickleball

10am-12pm  
Come solo or with friends for a fun, low-impact game suitable for all abilities. With rotating courts and hitting partners you'll meet new people every week. Mondays/Wednesdays/Fridays. Narrandjeri Stadium, 281 Darebin Road, Thornbury. Cost: \$10 **9989 5800**

## Tuesday

### Pétanque in the Garden

1-3pm, weather dependent  
Pétanque is a fun, social and competitive ball game. Reservoir Neighbourhood House, 2B Cuthbert Road. **8488 6655**

### Gentle Exercise

9.30-10.30am  
Get active and connect with others. Span Community House, 64 Clyde Street, Thornbury. **9480 1364**

### Tai Chi Class for Seniors

10-11am  
Come and try a free Tai Chi Class in October and stay for morning tea with delicious scones and cake. Jika Jika Community Centre, 1B Plant Street Northcote. **9482 5100**

### Digital Drop-In

10am-12pm  
Get free one-on-one support with your mobile phone, tablet or laptop. Tablets and laptops onsite for you to use. Support in Italian and Arabic is available. East Preston Community Centre, 7 Newton Street, Reservoir. **8470 8107**

## Wednesday

### Badminton and Biscuits

10am-12pm  
Join the Golden Oldies, where you can enjoy a fun game followed by biscuits, tea, coffee, and board games. Darebin Community Sports Stadium, 857 Plenty Road, Reservoir. Cost: \$5.20 with Seniors Card **9989 5800**



## Thursday

### Community Lunch

12-1.30pm  
Meet your neighbours and make new friends over a free meal. Reservoir Neighbourhood House, 2B Cuthbert Road. **8488 6655**

### Ballroom Dancing

1.30-3.30pm  
Come along and glide around the dance floor with the smooth movers from Northcote. Northcote Senior Citizens Centre, 18a Bent Street. Cost: \$3.50 **0417 889 959**

### Social Table Tennis

10am-12pm  
Meet some new people playing table tennis. Tables are set up for solo, one:one or double. Narrandjeri Stadium, 281 Darebin Road, Thornbury. Cost: \$5 **9989 5800**

### stARTalking

2-4pm  
Join DIVRS in free art making and creative activities session. We focus on health and wellbeing. Intercultural Centre, 350 High Street, Preston. **8470 8440**

### Fresh Group

10am-1pm  
Connect with locals over a cuppa and a chat. Session run by Your Community Health. Join in with fun activities to keep your body and brain active. East Preston Community Centre, 7 Newton Street, Reservoir. Cost: \$5 Check your eligibility on **8470 1111**

## Friday

### Blue Rhythms

2-4pm  
Connect with the passionate group of Chinese women who come together to celebrate culture through dance and fashion. East Reservoir Senior Citizen Centre, 7A Strathmerton Street. **0401 956 256**

### Laneway Lunch

12-1.30pm  
Come along for connection, good food and support. We play a game of bingo with prizes. Bridge Darebin Back Hall, 220 High Street, Preston. Cost: Gold coin donation.

## Sunday

### Connect and be Entertained

Join the free Sunday program of the Northeastern Melbourne Chinese Association (except 6 Oct.):  
**9.30am-12pm:** Table tennis  
**10-11am:** Gentle movements  
**1-5pm:** Social ballroom dance  
**2-4pm:** Chinese Choir  
**1-4pm:** Peking Opera  
384 Bell Street, Preston. **0403 111 220**



# Events in October

## 3<sup>rd</sup> Preparing for the Future

10am-12pm  
This interactive workshop will step you through Justice Connect's guide to plan for an old age that is right for you. Topics include:

- Who you trust to make decisions on your behalf
- Taking care of your money
- Where would you like to live?

Free session and morning tea. Yanada House, 92 Dennis Street, Northcote. Booking essential on **8470 8970**

## 8<sup>th</sup> Darebin Bicycle User Group

9.30am-1.30pm  
Introductory ride to Bundoora Park Café  
Free including morning tea. Jika Jika Community Centre, 1B Plant Street, Northcote. Book on **8470 8683**

## 9<sup>th</sup> Community Lunch

12.30-2pm  
Share a free meal with your neighbours and join the session. 'Learn about Scams' from 1pm. Span Community House, 64 Clyde Street, Thornbury. Bookings essential on **9480 1364**

## 10<sup>th</sup> Staying Safe Online

Join us at 12pm for a lunch at the Grandview Hotel at your own cost. Then at 1.15pm for a free presentation run by U3A. 429 Heidelberg Road, Fairfield. **9489 2103**

## 12<sup>th</sup> Volunteer with U3A!

10am-12pm  
Find out how to keep learning and how to share your knowledge with others. Learn how to facilitate a group of people with the same hobby or interests as you. U3A Darebin, 26 Railway Place, Fairfield. **9489 2103**

## 14<sup>th</sup> Tea Tasting and Tour

11am-1pm  
Experience the rich flavours of our tea tasting session followed by a tour, where history and culture come alive. Cost: \$15 Islamic Museum, 15A Anderson Road, Thornbury. **1300 915 171**



## 15<sup>th</sup> Rory Sings

1-3pm  
Join Northcote Senior Citizens Club, listen to old favourites with the lovely singer Rory. You will soon be tapping your toes. 18a Bent Street, Northcote. Cost: \$3 **0447 173 212**

## 16<sup>th</sup> Relationships and intimacy for Older People

12.30-1.30pm  
Join in for a talk and afternoon tea. Span Community House, 64 Clyde Street, Thornbury **9480 1364**

## 16<sup>th</sup> Social Morning and Health Check

10am-12pm  
Join DIVRS for healthy cooking demos, bingo, board games, trivia, puzzles and fun with the community and Latrobe nursing students. East Preston Community Centre, 7 Newton Street, Reservoir. Free. **8470 8107**

## Complimentary lunch for mid 90s+



12.15-2pm  
The Rotary Club of Preston welcomes residents who are mid-90+ years of age and their companion to attend a free celebratory lunch in their honour. Any additional guests will be charged \$25. St George Restaurant at NMIT, 77 St Georges Road, Preston. Please register your interest by 25th Sept. on **0418 351 034**

## 18<sup>th</sup> Spectrum Seniors Festival Open Day

10am-2pm  
A day packed with free fun activities. Learn a new dance, sing with a choir, play games, do gentle exercises and have a go at some crafting. And enjoy delicious food and a chat. Function Centre, 23 Victoria Street, Coburg. Booking essential on **1300 735 653**

## 20<sup>th</sup> Garden Bed Weeding

Friends of Edwardes Lake, Reservoir 9am-12.30pm  
Let's roll up our sleeves to get rid of the weeds. Meet at the notice board between the bridge and playground. Or go to the Edwardes Lake Bed between lake and athletic field. **0401 752 344**

## 23<sup>rd</sup> Bingo and Afternoon Tea

12.15pm  
Receive a free bingo book and enjoy free afternoon tea of sweet treats. East Reservoir Senior Citizens Club, 7A Strathmerton Street. Booking essential on **0417 663 949**

## 25<sup>th</sup> Online Dance Party

10am  
Stay fit and healthy from the comfort of home. Third Age Fitness offer free memberships during Seniors Month. Email carol@thirddagefitness.com.au or phone to book your free online dance party ticket. **0411 246 741**

## 30<sup>th</sup> Community Garden

11am-12pm  
Visit our shared garden and join us for morning tea where we connect, share, learn and grow local produce for you and the community. East Preston Community Centre, 7 Newton Street, Reservoir. Free **8470 8107**





## Free Digital Empowerment Workshops

Tuesdays, 10.30-12pm, Preston Library, 266 Gower Street, Preston  
Learn new skills and increase your confidence in the digital world.

Topics include:

- Identifying and avoiding scams
- Online security
- Social media apps
- Introduction to artificial intelligence (AI)

Don't miss out and book your free spot on **1300 655 355**.

Do you receive home support services through Darebin Council?  
You can call us on **8470 8828** and book your support worker to attend the session with you.

**Victorian  
Seniors  
Festival  
2024**

**EXPLORE.  
ENGAGE.  
EVOLVE.**

## Eight days of free public transport across the state!

As a Victorian Seniors Card holder, you can get out and explore metropolitan Melbourne and regional Victoria with free travel from **Sunday 6 October to Sunday 13 October 2024**. This includes all metropolitan rail, tram, and bus services; all V/Line rail and bus services; and all regional town bus services. Seats on V/Line trains can fill quickly so book early!

## Transport to Darebin's Seniors Month events

Are you interested in joining Seniors Month activities in Darebin? Are you struggling with transport and are you wondering how to get there? Please call Council on **8470 8063**. We will discuss your options with you.

## Grandparents Week at Northcote Golf Course

1 - 4 October

Join us for a special Grandparents Week at Northcote Golf Course! Bring your grandchild and enjoy a round of golf together for the price of one (2-for-1 rounds) this school holidays. Junior and adult clubs available for hire. 143 Normanby Avenue, Thornbury, **9484 6961**



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T 8470 8470

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## CITY OF DAREBIN

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