

Welcome to the 2025 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.



Not Strictly Ballroom

Wednesday 1 October, 11am–1.30pm Glen Eira Town Hall Auditorium Bookings: www.trybooking.com/ DDZXO or call 9524 3333

Showcasing ballroom and cultural dancers from Caulfield Over 50's Dance Group and the Bentleigh Chinese Community Association, this event is free, 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 Town Hall Auditorium. Meet the dancers and put your best foot forward! Free.







Researching your Chinese Family History

Thursday 2 October, 6.30pm–7.30pm Carnegie Library and Community Centre

Bookings: www.trybooking.com/ DCWAL or call 9524 3700

Learn some tips and tricks to undertake your own genealogical research with family historian Dr Kristy Love, owner and lead researcher at Family History Agency. Free.

Croquet and High Tea in Elsternwick

Saturday 4 October, 10am–12pm Elsternwick Croquet Club Bookings essential: call 0409 328 128 or email sghorton53@hotmail.com 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.

Community Safety Day

Sunday 5 October, 10am–12pm Rotary's Caulfield Food and Craft Market, Caulfield Racecourse Reserve

Come and meet your local emergency services teams. It's a great chance to learn more about the important work they do in our community and ask any questions you might have. Free.

Mindful Movement for Vitality

Monday 6 October, 10am–10.45am and 11am–11.45am Godfrey Street Community House Bookings: call 9557 9037 or email coordinator@godfreystreet.org

Gentle chair supported movement class designed to help you reconnect with your body, reduce tension and move freely in everyday life. \$10.

Cooking for One

Monday 6 October, 2pm-4pm Caulfield South Community House Bookings: https://nhs.clevero.co/ caulfield-south-community-house/ view/course/303169890

Get some simple ideas on cooking for one! This practical session will give you the chance to cook and eat or take home some tasty treats. Bring some containers along. \$10.

Chair Yoga

Tuesday 7 October, 8.30am–9.15am Carnegie Memorial Swimming Pool Bookings: www.trybooking.com/ DEQKK or call 9524 3333

Chair yogalates is a gentle based blend of yoga and Pilates using a chair for support. Ideal for beginners to improve mobility, strength, posture and balance. Free.

Defibrillator and CPR Training

Tuesday 7 October, 12.30pm—1.30pm Caulfield South Community House Bookings: https://nhs.clevero.co/ caulfield-south-community-house/ view/course/303179225

What's more important than knowing how to save a life? Be prepared for an emergency and learn the basics of resuscitation and how to use a defibrillator. Free.

Painting with Acrylics

Tuesday 7 October, 2.30pm–5pm Glen Eira Adult Learning Centre Bookings: https://gealc.org.au/coursecategory/events-bookings or call GEALC on 9578 8996 or email info@gealc.org.au

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



In Conversation with Jacinta Parsons and Clare Bowditch

Tuesday 7 October, 7pm–8pm Glen Eira Town Hall Theatrette Bookings: www.trybooking.com/ DDPNT or call 9524 3700

Join broadcaster and author Jacinta Parsons in conversation with Clare Bowditch as they discuss A Wisdom of Age — an uplifting, inspiring book about the wisdom of older women — and what we can learn from them to rewrite the story of the second half of our lives. \$10.

Technology Assistance – Smart Phone Basics

Tuesday 7 October, 11am–12pm Godfrey Street Community House Bookings: Call 9557 9037 or email coordinator@godfreystreet.org Designed to help seniors feel more comfortable and confident using their smartphones. Free.

Scam Awareness Session

Wednesday 8 October, 11.45am–12.45pm

Glen Eira Adult Learning Centre Bookings: gealc.org.au/coursecategory/events-bookings or call GEALC on 9578 8996 or email info@gealc.org.au

Cyber safety information. Learn how to protect yourself from scammers stealing your money or personal information fraud. Free.

Classic Cinema LGBTIQA+ evening event

Wednesday 8 October, 6pm–7.45pm Classic Cinema

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

Step into nostalgia at The Classic Cinema! This year we have selected A Nice Indian Boy. Join us and treat yourself to complimentary beverage and popcorn. It's time to relive the magic of cinema in style! Free.





Tai Chi

Thursday 9 October, 7.05am—7.50am Glen Eira Sports and Aquatic Centre Bookings: www.trybooking.com/ DEQJU or call 9524 3333

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

Activate Strength

Thursday 9 October, 10.30am— 11.15am

Carnegie Memorial Swimming Pool Bookings: www.trybooking.com/ DEOKK or call 9524 3333

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

Chair Pilates

Friday 10 October, 11.40am–12.25pm Glen Eira Sports and Aquatic Centre Bookings: www.trybooking.com/ DEQJU or call 9524 3333

A modified form of Pilates that improves core strength, mobility and balance. Free.

Zumba Gold

Friday 10 October, 8.30am—9.15am Carnegie Memorial Swimming Pool Bookings: www.trybooking.com/ DEQKK or call 9524 3333

Zumba Gold will get you moving, improve your fitness and leave you feeling energised. This class is suited for active adults. Free.

Managing Digital Wallets

Friday 10 October, 11am–12.30pm Carnegie Library and Community Centre

Bookings: www.trybooking.com/ DDPNY or call 9524 3700

Digital wallets are a fast, secure and effortless way to make payments on the go. They securely store a digital version of your card on your phone or device that you can use to make purchases, without the need to carry a physical card. Free.

Croquet and High Tea in Elsternwick

Saturday 11 October, 10am—12pm Elsternwick Croquet Club Bookings essential: Call 0409 328 128 or email sghorton53@hotmail.com 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.

Furniture Restoration

Sunday 12 October, 2pm–3.30pm Carnegie Library and Community Centre

Bookings: www.trybooking.com/ DDPOD or call 9524 3700

Discover the essentials of furniture restoration and transformation in this live demonstration. Learn how to identify materials, prepare surfaces, prime, paint, sand and choose the right finishing options. The session wraps up with a fun quiz (with prizes) and a handy booklet of expert tips to take home. \$7.

Mindful Movement for Vitality

Monday 13 October, 10am–10.45am and 11am–11.45am Godfrey Street Community House Bookings: Call 9557 9037 or email coordinator@godfreystreet.org

Gentle chair supported movement class designed to help you reconnect with your body, reduce tension and move freely in everyday life. \$10.

Chair Yoga

Tuesday 14 October, 8.30am–9.15am Carnegie Memorial Swimming Pool Bookings: www.trybooking.com/ DEQKK or call 9524 3333

Chair yogalates is a gentle based blend of yoga and Pilates using a chair for support. Ideal for beginners to improve mobility, strength, posture and balance. Free.

Technology Assistance — Taking Photos on your Smart Phone

Tuesday 14 October, 11am–12pm Godfrey Street Community House Bookings: Call 9557 9037 or email coordinator@godfreystreet.org Learn how to capture and enjoy special moments through photos on your smart phone. Free.

Coffee with a Cop

Tuesday 14 October, 11am–12pm Glen Eira Sports and Aquatic Centre Enjoy a free coffee and have a chat with your local police about all things community safety. No question is too small — come along, say hello and ask away! Free.

Painting with Acrylics

Tuesday 14 October, 2.30pm–5pm Glen Eira Adult Learning Centre Bookings: https://gealc.org.au/coursecategory/events-bookings or call GEALC on 9578 8996 or email info@gealc.org.au

Come along 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.

Afternoon Tea at Rippon Lea Estate

Wednesday 15 October, 1pm—3.30pm Rippon Lea Estate Bookings essential: www.trybooking.com/DEMPJ or call 9524 3333

A sought-after event. Be delighted by a special afternoon tea, a guided tour and all the glorious surrounds of our historic treasure. Get in quick! Free.

Christmas Wreath Making

Thursday 16 October, 1.30pm–3pm Glen Eira Adult Learning Centre Bookings: gealc.org.au/coursecategory/events-bookings or call GEALC on 9578 8996 or email info@gealc.org.au

Join us to make your very own festive wreath for your door or table. Materials provided or bring your own decorations. Free.

Activate Strength

Thursday 16 October, 10.30am— 11.15am Carnegie Memorial Swimming Pool

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

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



Navigating My Aged Care Information Session

Thursday 16 October, 1pm–2pm Godfrey Street Community House Contact: Call 9557 9037 or email coordinator@godfreystreet.org Information and support to navigate My Aged Care including updates on reforms that will take place from November 2025. Free

Tai Chi

Thursday 16 October, 7.05am–7.50am Glen Eira Sports and Aquatic Centre Bookings: www.trybooking.com/ DEQJU or call 9524 3333

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

Croquet and High Tea in Elsternwick

Thursday 16 October, 10am–12pm Elsternwick Croquet Club Bookings essential: Call 0409 328 128 or sghorton53@hotmail.com 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.

Activate Strength

Thursday 16 October, 10.30am—11.15am

Carnegie Memorial Swimming Pool Bookings: www.trybooking.com/ DEQKK or call 9524 3333 Designed to help improve functional movement, strength, balance, coordination and bone density in older adults. Free.

Chair Based Yoga

Friday 17 October, 11.15am—12pm Glen Eira Adult Learning Centre Bookings: https://gealc.org.au/coursecategory/events-bookings or call GEALC on 9578 8996 or email info@gealc.org.au A 45-minute chair-based yoga for relaxation. Free.

Zumba Gold

Friday 17 October, 8.30am–9.15am Carnegie Memorial Swimming Pool Bookings: www.trybooking.com/ DEOKK or call 9524 3333

Zumba Gold will get you moving, improve your fitness and leave you feeling energised. This class is suited for active adults. Free.

Creative Connections

Friday 17 October, 10am–1pm Godfrey Street Community House Bookings: Call 9557 9037 or email coordinator@godfreystreet.org You will be guided in a fun workshop creating craft items using simple techniques and materials. Materials and snacks provided. \$20.

Chair Pilates

Friday 17 October, 11.40am–12.25pm Glen Eira Sports and Aquatic Centre Bookings: www.trybooking.com/ DEQJU or call 9524 3333

A modified form of Pilates that improves core strength, mobility and balance. Free.

Alex Matthews Show and piano classic singalong

Saturday 18 October, 1pm-4pm East Bentleigh Senior Citizens Centre Bookings: Call Lucy on 0432 730 799 or Sanda on 0402 434 474

A music celebration in the concert hall featuring Alex Matthews and Andy Stewart on piano featuring songs from the all-time classics. Afternoon tea provided. \$5.

Arnie Grieves One Man Party Show

Sunday 19 October, 1.30pm-4pm Bentleigh Senior Citizens Centre Bookings: Contact Cheryl, 0423 305 619

Come and sing along, tap your toes or get up on the dance floor to the tunes of Arnie Grieves. Followed by the famous KG Putt Seniors Club scones with jam and cream. Free.

Moorleigh Village – Sausage Sizzle

Monday 20 October, 12pm–2pm Moorleigh Community Village Pop down for a sausage sizzle in the beautiful surrounds of the Moorleigh Community Village. Meet and have a chat with the Village tenants. Free.

Falls Prevention Talk

Monday 20 October, 2pm-3.30pm Moorleigh Community Village Bookings: Call U3A Bentleigh on 9570 3929

A talk about handy hints and things



to consider when preventing falls in your home. Free.

Monday Muffins at Moongala Women's Community House

Monday 20 October, 10am–11am Moorleigh Community Village Moongala Women's Community House

Bookings: call 9570 3468

Come along to help make and enjoy a muffin over a cuppa with good company! Free.

Chair Yoga

Tuesday 21 October, 8.30am–9.15am Carnegie Memorial Swimming Pool Bookings: www.trybooking.com/ DEQKK or call 9524 3333

Chair yogalates is a gentle based blend of yoga and Pilates using a chair for support. Ideal for beginners to improve mobility, strength, posture and balance. Free.

Technology Assistance — Learn how to access emails on your phone

Tuesday 21 October, 11am–12pm Godfrey Street Community House Bookings: Call 9557 9037 or email coordinator@godfreystreet.org

Explore how to stay in touch by sending and reading emails on your smartphone. Free.

Croquet and High Tea in Elsternwick

Tuesday 21 October, 10am–12pm Elsternwick Croquet Club Bookings essential: Call 0409 328 128 or email sghorton53@hotmail.com

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.



ChatGPT Workshop

Tuesday 21 October, 3.15pm-4pm Glen Eira Adult Learning Centre Bookings: https://gealc.org.au/ course-category/events-bookings Call GEALC on 9578 8996 or email info@ gealc.org.au

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

Downsizing with Julia Dyer

Tuesday 21 October, 11am–12.30pm Glen Eira Town Hall Caulfield Cup Room

Bookings: www.trybooking.com/ DDPPKor call 9524 3700

Considering downsizing? Join downsizing specialist Julia Dyer for expert advice. Discover how to simplify the process, reduce stress, and feel empowered about your next move. Leave with a strategic plan and handy cost-effective tips. Free.

Painting with Acrylics

Tuesday 21 October, 2.30pm–5pm Glen Eira Adult Learning Centre Bookings: https://gealc.org.au/coursecategory/events-bookings Call GEALC on 9578 8996 or email info@gealc.org.au

Come along 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.

Digital Session — One to One

Wednesday 22 October, 11am— 11.45am and 2pm—2.45pm Glen Eira Adult Learning Centre Bookings: https://gealc.org.au/coursecategory/events-bookings Call GEALC on 9578 8996 or email info@gealc.org.au

Learn how to navigate the Internet, laptop, computer, phone and iPad. Free.

Chair Yoga and Meditation

Wednesday 23 October 2.30pm—3.30pm

Moongala Women's Community House, Moorleigh Community Village Bookings: Call 9570 3468

Gentle chair-based exercises and meditation. Free.

Starting Your My Aged Care Journey

Thursday 23 October, 11.30am—12.30pm

Caulfield South Community House Bookings: https://nhs.clevero.co/ caulfield-south-community-house/ view/course/303179298

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.

Tai Chi

Thursday 23 October, 7.05am–7.50am Glen Eira Sports and Aquatic Centre Bookings: www.trybooking.com/ DEQIU or call 9524 3333

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

Activate Strength

Thursday 23 October, 10.30am—11.15am

Carnegie Memorial Swimming Pool Bookings: www.trybooking.com/ DEOKK or call 9524 3333

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

What's It Worth with David Freeman

Friday 24 October, 10am–2pm Moorleigh Community Village, U3A Bookings: Call U3A 9570 3929

Auctioneer and antiques specialist David Freeman provides an engaging talk. Bring along up to three items for appraisal and an evaluation (no coins, jewellery or stamps). Free.

Hearing Screening Clinic

Friday 24 October, 10am–3pm Moorleigh Community Village, U3A Room 54

Bookings: Call U3A Bentleigh on 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.

Sourdough Making Workshop

Friday 24 October, 10am–1pm Godfrey Street Community House

Call 9557 9037 or email coordinator@godfreystreet.org

Learn how to make sourdough from 'starter' to a take-home loaf to rise and bake the following day. Items will be baked and shared during the workshop including lunch. \$60.

Online Bingo and Games

Friday 24 October, 10.45am–11.30am Glen Eira Adult Learning Centre Bookings: https://gealc.org.au/coursecategory/events-bookings. Call GEALC on 9578 8996 or email info@gealc.org.au

Come down and make some new friends playing an online bingo and games morning session. Morning tea provided. Free.

Healthy Bladder Workshop

Friday 24 October, 11am–12pm Carnegie Library Boyd Room Bookings: www.trybooking.com/ DDPPO or call 9524 3700

This information session will teach you simple tips for improved bladder control and exercises to help reduce your risk of future bladder problems so you can enjoy life with no interruptions. Presented by Bolton Clarke. Free.

Zumba Gold

Friday 24 October, 8.30am–9.15am Carnegie Memorial Swimming Pool Bookings: www.trybooking.com/ DEQKK or call 9524 3333

Zumba Gold will get you moving, improve your fitness and leave you feeling energised. This class is suited for active adults. Free.

Chair Pilates

Friday 24 October, 11.40am–12.25pm Glen Eira Sports and Aquatic Centre Bookings: www.trybooking.com/ DEQJU or call 9524 3333

A modified form of Pilates that improves core strength, mobility and balance. Free.

Open Day at Moorleigh Community Village

Saturday 25 October, 9.30am— 12.30pm

Moorleigh Community Village

Head down to Moorleigh Community Village to meet the tenants from U3A Bentleigh, Bentmoor Community Men's Shed and Bayside Community Emergency Relief. Learn about the wonderful programs on offer in the Village. Free.



LGBTIQA+ Trivia High Tea

Sunday 26 October, 10am–1pm Glen Eira Town Hall Art Gallery Bookings: www.trybooking.com/ DERAI or call 9524 3333

Join us at the Glen Eira City Council Gallery for an afternoon 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, trivia, and high tea in a celebration of community, connection and pride. Free.

Chair Yoga

Tuesday 28 October, 8.30am–9.15am Carnegie Memorial Swimming Pool Bookings: www.trybooking.com/ DEOKK or call 9524 3333

Chair yogalates is a gentle based blend of yoga and Pilates using a chair for support. Ideal for beginners to improve mobility, strength, posture and balance. Free.

Painting with Acrylics

Tuesday 28 October, 2.30pm–5pm Glen Eira Adult Learning Centre Bookings: https://gealc.org.au/coursecategory/events-bookings Phone GEALC on 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 is forgiving and allows for quick experimentation with layering and blending techniques. Free.

Technology Assistance — Staying safe on your device

Tuesday 28 October, 11am–12pm Godfrey Street Community House Bookings: Call 9557 9037 or email coordinator@godfreystreet.org

Learn simple ways to protect your personal information, spot online scams and safely manage applications and settings. Free.

Dahlias, Dates and Danish Delights

Wednesday 29 October, 11am– 12.30pm

Caulfield South Community House Bookings: https://nhs.clevero.co/ caulfield-south-community-house/ view/course/303180760

Join us in the community garden and learn all about growing dahlias and take home some marigold seedlings. Followed by an afternoon tea all things starting with 'D' – date loaf, dark chocolate, double-choc biscuits, Danish biscuits. Sounds like heaven! \$10.



Activate Strength

Thursday 30 October, 10.30am— 11.15am Carnegie Memorial Swimming Pool

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

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

Tai Chi

Thursday 30 October, 7.05am-7.50am

Glen Eira Sports and Aquatic Centre Bookings: www.trybooking.com/ DEQIU or call 9524 3333

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

Navigating My Aged Care Information Session

Thursday 30 October, 1pm–2pm Godfrey Street Community House Bookings essential: Call 9557 9037 or email coordinator@godfreystreet.org Information and support to navigate My Aged Care including updates on reforms that will take place from November 2025. Free.

Zumba Gold

Friday 31 October, 8.30am–9.15am Carnegie Memorial Swimming Pool Bookings: www.trybooking.com/DEQKK or call 9524 3333.

Zumba Gold will get you moving, improve your fitness and leave you feeling energised. This class is suited for active adults. Free.

Healthy Ageing Expo

Friday 31 October, 10am–1pm Glen Eira Town Hall Auditorium Bookings: www.trybooking.com/ DEAAV or call 9524 3333

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.

Chair Pilates

Friday 31 October, 11.40am–12.25pm Glen Eira Sports and Aquatic Centre Bookings: www.trybooking.com/ DEQJU or 9524 3333

A modified form of Pilates that improves core strength, mobility and balance. Free.

Creative Connections

Friday 31 October, 12pm—3pm Godfrey Street Community House Bookings: Call 9557 9037 or email coordinator@godfreystreet.org

You will be guided in a fun workshop creating craft items using simple techniques and materials. Materials and snacks provided. \$20.



GLEN EIRA HEALTHY AGEING EXPO

20 25



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: www.trybooking.com/DEAAV or call 9524 3333

Friday 31 October

10am-1pm

Glen Eira

Town Hall

Corner Glen Eira and Hawthorn Roads, Caulfield

Victorian Seniors Card holders enjoy eight days of free public transport throughout Victoria, from 5-12 October. Find out more: seniorsonline.vic.gov.au/festival

Event locations

Bentleigh Seniors Citizens Centre

2 Arthur St, Bentleigh

Carnegie Library and **Community Centre**

7 Shepparson Avenue, Carnegie

Carnegie Memorial Swimming

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

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

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 Rotary's Caulfield Food and

Craft Market

Caulfield Racecourse Reserve, Kambrook Rd, Caulfield East