

# Stay Connected

## Keeping connected in Moonee Valley

Moonee Valley City Council's Community Strengthening team conducts, promotes and supports a range of groups and activities within the community for older adults. Independent community groups utilise Council's Neighbourhood and Community centres to deliver a variety of programs.

### Social fitness

#### Moonee Valley Life Activities Club

A friendly social club for anyone over 50, with various daytime and evening activities.

**When:** 1st Monday of every month

**Where:** Kellaway Avenue Neighbourhood Centre, Moonee Ponds

**Contact:** Josie 9379 0308 or email [mooneevalley@life.org.au](mailto:mooneevalley@life.org.au)

**Web:** [www.life.org.au/MVLAC](http://www.life.org.au/MVLAC)

#### Essendon Over 50's Walking Group

Walks between 2km – 6-8km. Divided into 3 groups depending on your level of fitness. Walks are in Melbourne/Metro area on safe walking tracks. BYO lunch and drink.

**When:** every Thursday at 9.45am (can vary)

**Where:** Flinders Street Station, Melbourne

**Contact:** Herb on 9306 8475, Jenny on 9379 9691 or email [igdaldy@bigpond.com](mailto:igdaldy@bigpond.com)

#### Judy's Fun & Fitness for older adults

Fun exercise, dance, chair, relaxation - any age welcome.

**When:** Every Monday 10am & 11am classes and every Tuesday 11am

**Where:** Kellaway Avenue Neighbourhood Centre, Moonee Ponds

**Contact:** Judy on 0417 365 248 or 9306 7279

#### Gentle exercise to music and Tai Chi wind down

Improve your strength and balance with a weekly exercise session.

**When:** Thursday 10am-11am

**Where:** St John's basketball court (Corner Mt Alexander Road and Buckley Street, Essendon) Melways Ref 28 G4

**Contact:** Jan on 5428 1223

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**Niddrie Seniors Walking Group**

Exercise and walking for seniors plus outings and fellowship.

**When:** Tuesday 9am – 12pm

**Where:** Niddrie Hub, Matthews Avenue, Niddrie

**Contact:** Connie on 0401 135 047 or email [Connie.Ciavarella@mh.org.au](mailto:Connie.Ciavarella@mh.org.au)

**Cro-Aussie Elderly Citizens Bocce Club Keilor East**

Social Croatian bocce club.

**When:** Saturday and Sunday 6pm – 10pm

**Where:** Burley Griffin Community Centre, Park Dr, East Keilor

**Contact:** Ivan on 0437 893 496

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**Moonee Valley City Council Healthy Ageing Exercise Classes**

Affordable activities to improve the health and wellbeing of residents who are over the age of 65 years or have a disability.

**Cost:** \$7.15 per class for Moonee Valley residents  
\$12.65 per class for non-Moonee Valley residents

- **Tai Chi**  
Monday 1pm-2pm @ Bowes Avenue Community Centre  
Thursday 1.00pm-2.00pm @ Ascot Vale Neighbourhood Centre  
Friday 9.30am-10.30am @ Strathmore Heights Community Centre  
Friday 11.30am-12.30pm @ Kellaway Avenue Neighbourhood Centre
- **Yoga**  
Friday 9.15am-10.15am @ Ascot Vale Neighbourhood Centre  
Friday 10.30am-11.30am @ Ascot Vale Neighbourhood Centre
- **Strength Training**  
Monday 10am-11am @ Nancye Kirchner Neighbourhood Centre  
Monday 10.30am – 11.30am @ Niddrie Hub  
Monday 6.00pm – 7.00pm @ Ascot Vale Neighbourhood Centre  
Wednesday 9am – 10am @ Niddrie Hub  
Wednesday 10.30am – 11.30am @ Niddrie Hub  
Thursday 9.30am – 10.30am @ Nancye Kirchner Neighbourhood Centre  
Thursday 10am – 11am @ Kellaway Avenue Neighbourhood Centre
- **Pilates**  
Tuesday 10am – 11am @ Burley Griffin Community Centre
- **Body Balance**  
Thursday 6pm – 7pm @ Ascot Vale Neighbourhood Centre
- **Chair Exercise**  
Tuesday 10am-11am @ Kellaway Avenue Neighbourhood Centre
- **Zumba Gold**  
Tuesday 9.30am – 10.30am @ Nancye Kirchner Neighbourhood Centre



## Special interest

### Essendon Daytime (Computer) Group

Provides assistance with computer skills in Word, music, photography, multimedia and maintenance.

**When:** 1st, 2nd and 3rd Friday of the month from 9am-12noon

**Where:** Nancye Kirchner Neighbourhood Centre, Doyle Street, Avondale Heights

**Contact:** John on 9317 7114 or 0408 996 589

### Cake Decorators' Association of Victoria

Workshops and meetings for members or interested people with basic skills.

**When:** 10am-3pm on the third Sunday of every second month

**Where:** Nancye Kirchner Neighbourhood Centre, Doyle Street, Avondale Heights

**Contact:** Sue on 0425 757 351

### Computer Training

Moonee Valley Libraries offer a range of computer classes. Whether you are an absolute beginner or looking to improve your skills, you are sure to find something that suits your needs.

**Contact:** You can book at any Moonee Valley branch.

### Y Art

Oil painting classes with a qualified tutor.

**When:** Wednesday 1pm-3pm

**Where:** Niddrie Hub, Matthews Avenue, Niddrie

**Contact:** Sonia on 9375 4921

### U3A Moonee Valley

Voluntary, not for profit organisation that provides low cost learning and leisure activities for our members who are over 50 years of age and are semi retired or retired.

**When:** Between 9am-4pm week days (based on the four term school system)

**Where:** Centres throughout the municipality

**Contact:** 9337 7779 or website:

[www.u3amooneevalley.com.au](http://www.u3amooneevalley.com.au)

### Knit & Knatter

Create knitted pieces for community projects. All welcome.

**When:** 10.30am-12.30pm every Tuesday

**Where:** Ascot Vale Neighbourhood Centre, 101 Union Road, Ascot Vale

**When:** Thursday 10am – 12noon

**Where:** Crown St Stables, 410 Crown St, Flemington

**Contact:** Council's Healthy Ageing Officer on 9243 8835.

### Essendon Essential Sewing Group

Discover a renewed love of sewing with other like minded people in a friendly environment. We encourage people of all nationalities and ages to come and join us. Varied projects from tops, embroidery, embellishing, craft items etc.

**When:** Last Saturday of each month

**Where:** Nancye Kirchner Neighbourhood Centre, Doyle Street, Avondale Heights

**Contact:** Catherine on 0412 299 547 or Christine on 0414 404 401

### **Melbourne Amiga User Group**

Learn how to use computers from experts.

**When:** First Thursday of the month from 8.30pm-11.30pm

**Where:** Kellaway Avenue Neighbourhood Centre, Moonee Ponds

**Contact:** Michael on 0403 072 055 or email [MC1@pobox.com](mailto:MC1@pobox.com)

### **Essendon Scrabble Group**

Scrabble games; all levels welcome. (No equipment needed)

**When:** Tuesday 7.15pm – 10.15pm

**Where:** Kellaway Avenue Neighbourhood Centre, 5 Kellaway Ave, Moonee Ponds

**Contact:** Cynthia on 9311 2266 or email [cync1942@y7mail.com](mailto:cync1942@y7mail.com)

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### **Monthly Classic Movie Screenings**

Council is proud to present monthly classic movie screenings for residents who are aged and/or have a disability, as well as their carers.

Transport and community meals are available upon request for a fee.

#### **Upcoming movies:**

- Thursday 19 July 2018 – ***It's a Mad, Mad, Mad, Mad World***
- Thursday 16 August 2018 – ***The Great Race***
- Thursday 20 September 2018 – ***The Odd Couple***
- Thursday 18 October 2018 – ***Citizen Kane***
- Thursday 15 November 2018 – ***Roman Holiday***
- Thursday 20 December 2018 – ***We're no Angels***

**When:** Film starts at 1.30pm

**Where:** Burley Griffin Community Centre, Park Drive, East Keilor

**Contact:** Council's Healthy Ageing Officer on 9243 8894 to book.

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### **Moonee Valley Men's Shed**

The Moonee Valley Men's Shed is a fully equipped workshop where both skilled and unskilled men share time together producing quality products from a variety of materials.

Activities include personal projects, designing, making, repairing various items, one off projects for local community needs, as well as designing and making craft items for sale and donation

### **Men's Shed Aberfeldie**

**When:** Monday 9am – 1pm (This session is open to both men and women)

Tuesday & Thursday 9am to 1pm.

**Where:** The Shed, Bruce Street, Moonee Ponds

### **Men's Shed Up-Cycling Shop**

Men's Shed Aberfeldie has an Up-Cycling Shop, which is open to the public and proudly sells items built or restored by Men's Shed participants.

**Thursday and Saturday 9am to 1pm.**

### **Men's Shed Strathmore**

**When:** Friday, 10am to 12 noon

**Where:** 144a Mascoma St, Strathmore

**Contact:** Council's Men's Shed Facilitator on 9243 1769.

## Community Centres

### **Flemington Community Centre**

Flemington Community Centre offers a range of adult programs which include introduction to computers, cooking, sewing, arts and crafts, exercise and social dance.

**Where:** 25 Mt Alexander Road, Flemington

**Contact:** for more information call 8325 1800

### **Bowes Avenue Community Centre**

Bowes Avenue Community Centre offers a range of social, recreational, educational and community supported activities for all members of the community.

**Where:** 27-31 Bowes Avenue, Airport West

**Contact:** for more information call 8325 1890

## Gardening



### **Friends of Steele Creek**

Dedicated to the care of Steele Creek, its water quality, landscape, flora and fauna. We also assist with planting events, hold forums, film nights on environmental issues and conduct monthly water quality testing (training is available).

**When:** 7.30pm on the 2nd Tuesday in February, March, April, May, June, September, October, November

**Contact:** Helen on 9379 1185

### **Avondale Heights Community Garden**

To provide residents the joys and health of organic gardening.

**When:** 7.30pm on the fourth Thursday of the month

**Where:** Nancye Kirchner Neighbourhood Centre, Doyle Street, Avondale Heights

Food Swap on the third Sunday of the month - 10am at Avondale Heights Community Gardens (entry via laneway rear 2-22 River Drive, Avondale Heights) - all welcome.

**Contact:** Ann on 0421 974 996 or 9318 7969

## Multicultural

### **Senior Multicultural Skills Exchange Group for Women**

Social group including exercise.

**When:** Wednesdays at 9.15am

**Where:** Kellaway Avenue Neighbourhood Centre, Moonee Ponds

**Contact:** Giovanna on 9375 3072

### **Circolo Pensionati Italiani di Moonee Ponds**

Social group, cards, bingo, dinner dances

**When:** Wednesday and Friday from 1pm-4pm

**Where:** Kellaway Avenue Neighbourhood Centre, Moonee Ponds

**Contact:** Elisa on 9370 4672 on club days.

### **Niddrie Senior Italian Citizen Club**

Lunch, dance, playing cards, bingo and trips to Crown Casino.

**When:** Thursday and Saturday from 12.30pm-4.30pm

**Where:** Niddrie Hub, Matthews Avenue, Niddrie

**Contact:** Nicola on 9336 7595

### **Circolo Pensionati Italiani di East Keilor /Avondale Heights.**

Social groups, cards, bingo, lunches, dances.

**When:** Monday and Wednesday 11.30am – 4.30pm

**Where:** Nancye Kirchner Neighbourhood Centre, Doyle Street, Avondale Heights

**Contact:** Frank Ph. 9337 5562

### **A.L.I.A.S – Academia Letteraria Italo-Australiano Scrttori**

Italian literature and poetry, narrative and painting.

**When:** First Thursday of every month

**Where:** Nancye Kirchner Neighbourhood Centre, Doyle Street, Avondale Heights

**Contact:** Giovanna on 9337 1680

### **Macedonian Senior Citizen Group**

Social club

**When:** Fridays 5pm – Midnight

**Where:** Nancye Kirchner Neighbourhood Centre, Doyle Street, Avondale Heights

**Contact:** Steve on 9337 3931

### **Greek Elderly Citizens Club**

Social Club; cards, tavli, dominos, bingo, lunches and outings.

**When:** Monday 9am – 6pm and Wednesday 10am- 5pm

**Where:** Burley Griffin Community Centre, Park Drive, East Keilor.

**Contact:** Steve on 9326 0664

### **Italian Seniors of Ascot Vale**

Social group; bingo, cards, billiards, dinners and outings

**When:** Monday 1.00pm – 4.00pm and Friday 12.30pm - midnight

**Where:** Ascot Vale Neighbourhood Centre, 101 Union Rd, Ascot Vale

**Contact:** Rosa on 9370 0891



## Support / awareness

### **Anxiety Recovery Centre Self Help Support Group**

Monthly group for people with anxiety disorders and their families.

**When:** The first Wednesday of the month  
7.30pm-9pm

**Where:** Ascot Vale Neighbourhood Centre

**Contact:** Raspal on 9830 0566 or visit their website: [www.arcvic.org.au](http://www.arcvic.org.au)

### **Essendon & District Diabetes Support Group**

The group provides an opportunity for residents living with diabetes to meet others and share their experiences; also includes guest speakers.

**When:** Every second month on Saturday at 1.30pm

**Where:** Avondale Heights Library & Learning Centre; 69 -79 Military Rd, Avondale Heights.

**Contact:** Margaret on 9337 5303 or Romana on 9336 4157.

### **Valley Carers**

Self help support group for parents/carers of people with a disability.

**Contact:** Ruth on 9370 3569 or Henry on 0410 307 653.

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### **Friends for Life**

Over 55's singles, widowers, widows, anyone on their own.

**When:** fortnightly on Thursdays from 6pm-9pm

**Where:** Niddrie Hub, Matthews Avenue, Niddrie

**Contact:** Brenda on 0419 514 082

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### **Neighbourhood Watch – Niddrie North**

Social and public awareness group; promoting home and personal security. All welcome.

**When:** 2<sup>nd</sup> Thursday of each month at 7.30pm

**Where:** Niddrie Hub, Matthews Avenue, Niddrie

**Contact:** John on 0432 499 323

### **Al-Anon Family Groups**

Support for families of problem drinkers  
"Is your home unhappy because someone drinks too much? Don't know where to turn? Al-Anon Family Groups can help!

**When:** Local meeting; Monday and Thursday 10:30am – 12 noon (lower meeting room) No appointment necessary. All welcome!

**Where:** Moonee Ponds Baptist Church, Corner Laura St and Eglinton St. Moonee Ponds.

**Contact:** 1300 252 666 to find a convenient meeting.

No membership fees.

**Website:** [www.al-anon.alateen.org/australia](http://www.al-anon.alateen.org/australia)

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## Volunteering in Moonee Valley

Volunteering is a great way to get involved with the Moonee Valley community. No experience is necessary, just a keen interest and friendly attitude! Opportunities to volunteer in Moonee Valley include, Walking School Bus, libraries and support people in need in our community.

**Contact:** Council's Volunteering Development Officer on 9243 8888 or email: [volunteer@mvcc.vic.gov.au](mailto:volunteer@mvcc.vic.gov.au)  
Or check our website for the latest opportunities: [www.mvcc.vic.gov.au](http://www.mvcc.vic.gov.au)

## Social

### Essendon Probus Club

For active male retirees. Activities are based around providing and developing friendship, fellowship and fun. A wide range of activities are provided for members, their partners and friends. These include outings such as day trips, movie theatre sessions with lunch, visits to interesting local sites, guest speakers, morning teas, picnics, 4-5 day trips, luncheons, etc.

**When:** Second Tuesday of the month at 9.30am

**Where:** Windy Hill Venue, Essendon

**Contact:** John on 9337 0535 or [essendonprobus@hotmail.com](mailto:essendonprobus@hotmail.com)

### Niddrie Senior Citizen's Club

An opportunity to meet people and make new friends.

**When:** Monday at 12.30pm; cards

Tuesday at 1.30pm; Indoor bowls

Wednesday & Friday at 12.00pm; Bingo

**Where:** Niddrie Hub, 3-15 Matthews Ave, Niddrie.

**Contact:** During club hours 9351 0534

# Community meals

## Community dining rooms

Council has three dining rooms in Moonee Valley where a midday meal is served in a social setting. A three-course midday meal is served including orange juice, soup, main course (meat and vegetables) and a dessert.

Modified, vegetarian and prescribed special and culturally specific diets, as well as soft and vitamised meals, are catered for.

Lunch is served at 12 noon at:

- **Ascot Vale Neighbourhood Centre**  
101 Union Road, Ascot Vale  
**Lunch served:** Monday to Friday
- **Niddrie Community Hub**  
15 Matthews Avenue, Niddrie  
**Lunch served:** Wednesday
- **Flemington Community Centre**  
25 Mount Alexander Rd, Flemington  
**Lunch Served:** Wednesday
  
- **Avondale Heights Library and Learning Centre**  
69-79 Military Rd, Avondale Heights  
**Lunch served :** Friday
  
- **Kellaway Avenue Neighbourhood Centre**  
5 Kellaway Avenue, Moonee Ponds  
**Lunch served:** Monday and Thursday



**Price:** \$8.20 per meal. To book please call Intake on 9243 8806.

- **Crown Street Stables Community Café**

**Where:** Crown Street Stables, 40 Crown Street, Flemington

**When:** Open 7 days, 10am – 4pm (closed public holidays)

Barista coffee/tea, fresh sandwiches, hot meals and desserts!

The aim of the café is to keep local residents connected, in particular older residents and those living in nearby housing estates, and to provide training and employment pathways for people with a disability.

A subsidy on menu items is available for Seniors Cards, Disability Support Pension card and Disability Companion Card holders.

## Community transport

Council offers accessible and affordable transport to eligible older residents and residents with a disability who cannot use public transport to access services and social activities.

Community transport operates Monday to Friday and is available to individuals and groups accessing community facilities.

**Single Trip:** \$2.65

**Return Trip:** \$5.30

To find out availability of Community transport please calls Intake on 9243 8806.

## Contact me

For further information on social support groups within Moonee Valley, please contact Council's Healthy Ageing Officer on 9243 8894 or email [connected@mvcc.vic.gov.au](mailto:connected@mvcc.vic.gov.au)

9243 8888

[mvcc.vic.gov.au](http://mvcc.vic.gov.au)

