

Growing older and living well



**Social inclusion and wellbeing
programs for older adults**

November 2024 to June 2025

Programs for Maroondah

Residents 50 years of age and older to boost your wellbeing and confidence for everyday living. Be connected to your local community and have fun.

Some programs are supported by the Australian Government Department of Health

Although funding for these Commonwealth Home Support Programmes has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

The information provided in this publication was accurate at the time of print. For the latest information, please visit Council's website.

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Acknowledgement of Country

We, in the spirit of Reconciliation, acknowledge the Wurundjeri People of the Kulin Nation as traditional custodians of the land now known as the City of Maroondah, where indigenous Australians have performed age-old ceremonies. We acknowledge and respect their unique ability to care for Country and their deep spiritual connection to it. We pay our respects to their Elders, past, present and emerging.

Diversity

Maroondah City Council, Aged and Disability services are inclusive and recognise and support the diverse needs of our community.



Social Support Programs

Program Schedule – November 2024 to June 2025

Maroondah City Council's Social Support Programs offer social connection and wellbeing opportunities designed for residents who are 50 years and over. Council aspires to build an age-friendly community where everybody can fulfill their potential and participate in all aspects of community life.

The program schedule has been enhanced as a pilot program, showing Council's commitment to building on our age-friendly community, where everybody can fulfil their potential and participate in all aspects of community life. Maroondah's Positive Ageing Framework 2021-2025 is available on Council's website.

There are a variety of enjoyable opportunities that also help people to maintain their social connections, interests, independence and maximise their health as they grow older. Programs aim to be fun and motivating and may also include information and tips for positive ageing, as well as other supports available, to maintain or boost confidence to live independently at home and in the local community. Activities are diverse in interests, costs, locations, group size, and duration.

Many activities are led by specialist facilitators or qualified staff. Volunteers too, play an important role in supporting the operation of some of our social inclusion and wellbeing programs.

Programs aim to be fun and motivating and may also include information and tips for positive ageing...

Who can participate?

Any Maroondah resident 50 years of age and over may participate in our programs and services subject to availability of places and payment of fee. There is something for everyone!

People who are independent, and those who have support needs are all welcome.

Priority access is given to people who are 65 years of age and over (or 50 years and over for First Nations people) who have a referral from My Aged Care to participate in Commonwealth Home Support Program (CHSP).

People who have support needs and are not eligible for CHSP may participate with their carer, as needed.

Find out more

- Council's website: www.maroondah.vic.gov.au/growingolderlivingwell or scan the QR code below
- Telephone: 1300 88 22 33 or 9298 4598
- Email: maroondah@maroondah.vic.gov.au

Scan the QR code to find out more on Council's website.





The Explorers



Third & Fourth Friday of each month



9am to 4pm



Bus departs Croydon Library – 5 Civic Square, Croydon



www.maroondah.vic.gov.au/Explorers | 1300 88 22 33 or 03 9294 5531

Staying physically and mentally active, healthy, and socially connected becomes increasingly important for maintaining a high quality of life as we age. Spending time out and about doing things we enjoy with other people helps to achieve this. According to research, older people who spend ample time outdoors being physically active, enjoy long term functional health benefits.

‘The Explorers’ makes it easy to visit tourist attractions, famous landmarks, beautiful landscapes and places of historical or scientific significance in Melbourne. You will travel in the company of like minded people, making new friendships.

These activities typically require a moderate level of stamina as outings can involve walking on various surfaces, climbing steps, travelling long distances, and full days out.



Bookings are a must for each session. Places are limited and may book out fast. To avoid disappointment, book early.



Any additional costs (such as entry fee to the venue and food expenses) are the responsibility of the participants.

November 2024



Torquay beach and surf walk

Enjoy the sea breeze and explore the coastline taking a walk along the beach front or stroll along the esplanade looking at the various shops. Lunch will be at the Torquay Bowling Club, overlooking the ocean. If time permits the Bells Beach Lookout will be included.

Buy your own lunch and refreshments.

- 🕒 **Friday 15 & 22 November 2024, 9am to 4pm**
- 📍 **Bus departs Croydon Library – 5 Civic Square, Croydon**
- 🌐 **www.maroondah.vic.gov.au/Explorers-Torquay**

February 2025



Geelong Vintage Market

Visit this indoor market selling every imaginable vintage, retro and collectable item you could hope for. Set in a beautiful old, huge glass factory sprawling over 2000 square metres of browsing heaven. Spend your time wandering around and delving through treasures. Lunch is at Gateway Hotel, Corio.

- 🕒 **Friday 21 & 28 February 2025, 9am to 4pm**
- 📍 **Bus departs Croydon Library – 5 Civic Square, Croydon**
- 🌐 **www.maroondah.vic.gov.au/Explorers-Geelong-vintage-market**

March 2025



Macedon Ranges – Hanging Rock

An enchanting destination that promises a journey of discovery and natural beauty. Nestled in the heart of Victoria, the Macedon Ranges offers a tranquil escape into a world of rolling hills, lush forests, and quaint towns. The Hanging Rock Discovery Centre provides a fascinating background on the history, mystery and geology of the Rock. There is a café on site for purchasing lunch and refreshments or you are welcome to bring your own.

- 🕒 **Friday 21 & 28 March 2025, 9am to 4pm**
- 📍 **Bus departs Croydon Library – 5 Civic Square, Croydon**
- 🌐 **www.maroondah.vic.gov.au/Explorers-Hanging-Rock**

May 2025



Werribee Open Range Zoo

Join us as we embark on an African adventure. Enjoy a guided safari through the unique savannah, where you can marvel at rhinos, giraffes, and zebras. On their walking trails, come face to face with a majestic pride of lions, explore one of the world's largest gorilla exhibits, observe playful monkeys, and encounter a family of hippos in their serene wetland habitat.

Entry Costs applies – Concession \$34.50 or Seniors \$41.50

Buy your own lunch and refreshments at the on-site Café or bring your own.

-  **Friday 16 & 23 May 2025, 9am to 4pm**
-  **Bus departs Croydon Library – 5 Civic Square, Croydon**
-  **www.maroondah.vic.gov.au/Explorers-Werribee-Zoo**

June 2025



Castlemaine

Visit Castlemaine, a bustling town on the lands renowned for its eclectic arts scene, gold rush history, and growing reputation as a fine food destination. Explore the town centre, buy lunch from a classic country bakery and enjoy it in the Botanical Gardens. If time permits, a visit to Cabosse and Fève Chocolates, a local artisan chocolatier will be included.

-  **Friday 20 & 27 June 2025, 9am to 4pm**
 -  **Bus departs Croydon Library – 5 Civic Square, Croydon**
 -  **www.maroondah.vic.gov.au/Explorers-Castlemaine**
-

***These tour guide style day trips
are interesting and a supportive
way to explore outdoors!***





I like to move it!



Tuesdays (except for public holidays)



See specific sessions for times



Bill Wilkins Lodge – 53B Bedford Road (Rosewarne Lane), Ringwood



www.maroondah.vic.gov.au/like-to-move-it | 1300 88 22 33 or 03 9294 5531

Staying active as you get older is important for good mental and physical health and wellbeing. It reduces the risk of many diseases with at least 30 minutes of daily, moderate to intense physical activity recommended to provide many health benefits.

Get ready to have a blast, get the body moving, and make new friends! Our 'I like to Move It' program is designed to provide the motivation for just that!

On offer is an exciting range of exercises including dance routines, yoga and martial arts, promoting physical activity while making the whole experience enjoyable and fun.

From the infectious beats of Zumba to the serene flow of yoga and the exhilarating world of dance, there's something for everyone.

Our experienced instructors are here to guide you, no matter your fitness level. So, get on some comfortable clothes and sensible footwear and come to join the fun.



**Bookings are a must for each session.
Places are limited and may book out fast.
To avoid disappointment, book early.**

November 2024



Senior ballroom dancing

Put on your dancing shoes, embrace the music, and let the magic of ballroom dancing sweep you off your feet. It's never too late to discover the joy of dance!

🕒 **Tuesday 12, 19 and 26 November 2024, 11am to 1pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

December 2024



Circuit workout

Join our invigorating circuit workout designed specifically for seniors. Improve strength, balance, and cardiovascular health in a supportive and inclusive environment. Embrace the power of fitness!

🕒 **Tuesday 3 December 2024, 11am to 1pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**



Chair Yoga and Pilates (Yogalates)

Designed to enhance flexibility, strength, and overall wellbeing, these classes are tailored to meet the unique needs of seniors. Rejuvenate your mind, body, and spirit as you find balance and inner peace.

🕒 **Tuesday 10 December 2024, 11am to 1pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**



Disco Christmas party with spooky Duo

Spooky Duo, a versatile musical group will bring a fantastic vibe – from classic hits of the 60's to contemporary favourites, covering a wide range of genres including Pop, Blues, R&B, Soul, Motown, Rock & Roll, Reggae, Ballads, Jazz, and Southern Country Rock.

🕒 **Tuesday 17 December 2024, 11am to 1pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

February 2025



New Year! New You!

We are thrilled to have you with us as we embark on this fitness journey. Lets make this year where your New Year resolutions come true.

Bookings open now.

🕒 **Tuesday 4 February 2025, 10am to 12pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**



Group exercise

From gentle movements to low-impact cardio and strength training, we have something for everyone. Join our vibrant community of seniors as we prioritise health, happiness, and a sense of camaraderie.

Bookings open now.

🕒 **Tuesday 11 February 2025, 10am to 12pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**



Belly dancing

Discover the enchanting world of belly dancing tailored specifically for older people. Embrace the rhythm, grace, and joy of this ancient art form in a supportive and inclusive environment.

Bookings open now.

🕒 **Tuesday 18 February 2025, 10am to 12pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**



Zumba

Zumba classes are a fun and lively way for older adults to stay active and healthy. These classes combine dance and fitness moves with upbeat music, making it enjoyable for seniors of all fitness levels.

Bookings open now.

🕒 **Tuesday 25 February 2025, 10am to 12pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

March 2025



Ballroom dancing

Ballroom dancing offers a graceful and enjoyable way for older adults to stay active and engaged. Beyond the physical benefits ballroom dancing also offers a social outlet, allowing participants to connect with others and build lasting friendships.

Bookings open now.

🕒 **Tuesday 4 and 11 March 2025, 10am to 12pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**



Bollywood dancing

With its lively melodies, vibrant attire, and expressive choreography, Bollywood dance offers a distinctive and enjoyable way for older adults to stay active and have a great time.

Bookings open now.

🕒 **Tuesday 18 March 2025, 10am to 12pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**



Active Adults

Active Adults programs provide a range of engaging activities and fitness opportunities tailored specifically for older adults. These programs offer a chance for active adults to stay physically active, socialize with peers, and maintain a healthy and fulfilling lifestyle.

Bookings open now..

🕒 **Tuesday 25 March 2025, 10am to 12pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

April 2025

Belly dancing

Discover the enchanting world of belly dancing tailored specifically for older people. Embrace the rhythm, grace, and joy of this ancient art form in a supportive and inclusive environment.

Bookings open now.

🕒 **Tuesday 1 April 2025, 10am to 12pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**



Yoga therapist

This program offers a specialised form of yoga that focuses on the unique needs and abilities of older adults. It offers gentle movements, modified poses, and breathing exercises to improve flexibility, balance, strength, and overall wellbeing in a safe and supportive environment.

Bookings open now.

🕒 **Tuesday 8 April 2025, 10am to 12pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**



Line dancing

Line dancing is a fun and social activity. It involves learning and performing choreographed dance routines in a line formation, promoting physical fitness, coordination, and cognitive stimulation.

Bookings open now.

🕒 **Tuesday 15, 22 and 29 April 2025, 10am to 12pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

May 2025



Pilates

Pilates can help alleviate common age-related issues such as back pain and joint stiffness, while also promoting relaxation and stress reduction.

Bookings open now.

🕒 **Tuesday 6 May 2025, 10am to 12pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**



Falls prevention, functional strength and flexibility

These sessions focus on improving balance, strength, and coordination, while also teaching strategies for navigating obstacles and maintaining a safe home environment.

Bookings open now.

🕒 **Tuesday 13 and 20 May 2025, 11am to 1pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**



Folk dancing

Discover the joy and rhythm of folk dancing in our vibrant and inclusive class.

Bookings open now.

🕒 **Tuesday 27 May 2025, 10am to 12pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

June 2025



Folk dancing

Discover the joy and rhythm of folk dancing in our vibrant and inclusive class.

Bookings open now.

🕒 **Tuesday 3 June 2025, 10am to 12pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**



Active Adults

Active Adults programs provide a range of engaging activities and fitness opportunities tailored specifically for older adults. These programs offer a chance for active adults to stay physically active, socialise with peers, and maintain a healthy and fulfilling lifestyle.

Bookings open now.

🕒 **Tuesday 10 June 2025, 10am to 12pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**



Martial arts

Embrace the opportunity to learn moves from a variety of martial arts disciplines. Challenge yourself, and become part of a supportive community that encourages personal growth and well-being.

Bookings open now.

🕒 **Tuesday 17 June 2025, 10am to 12pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**



Self defence

These classes provide practical techniques and strategies to protect oneself, while also promoting physical fitness, mental resilience, and a sense of empowerment.

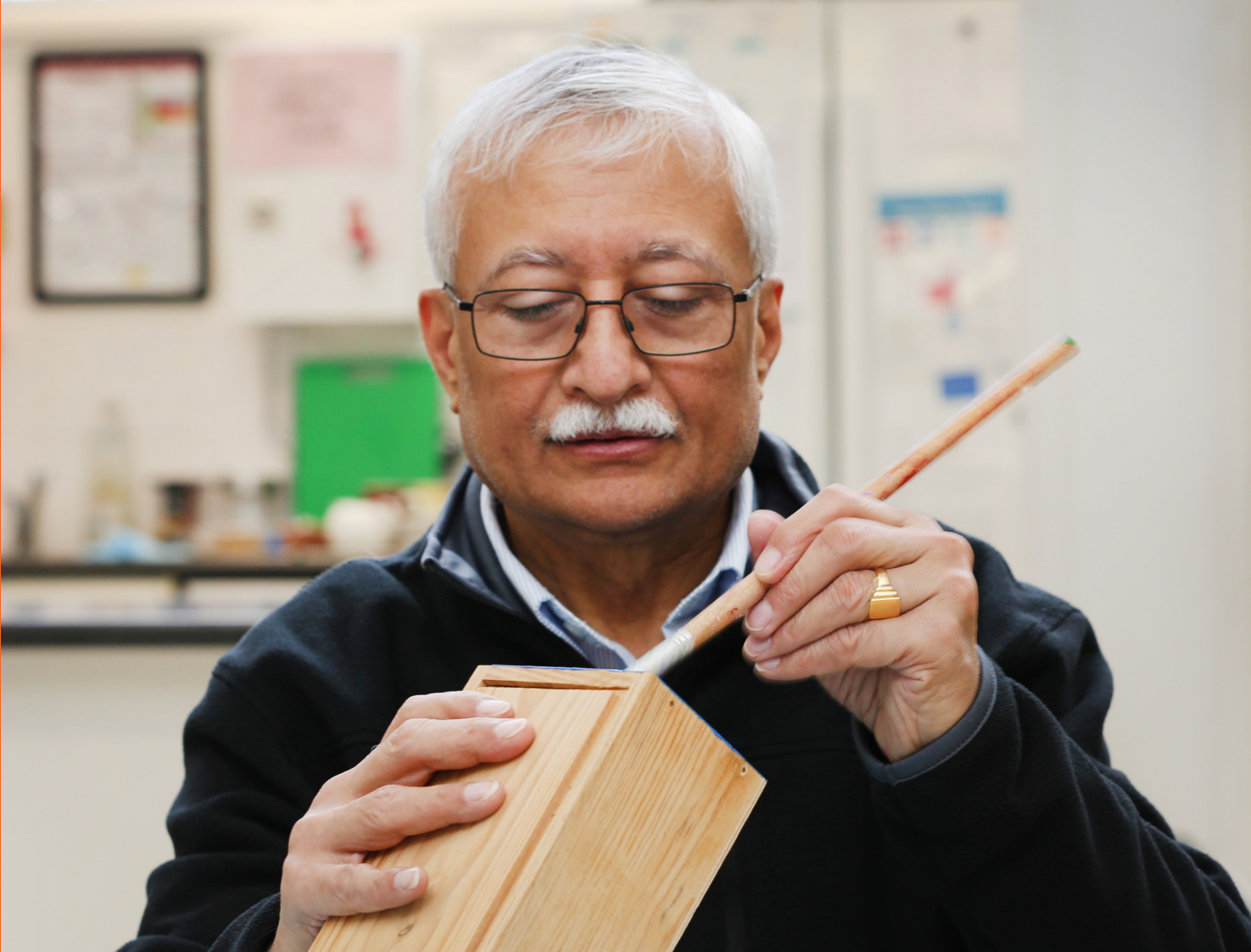
Bookings open now.

🕒 **Tuesday 24 June 2025, 10am to 12pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

Experienced instructors ensure sessions are appropriate for beginners and those with more experience.





Crafternoon



Mondays (except for public holidays)



1pm to 3pm



Maroondah Nets, 154 Heathmont Road, Heathmont



www.maroondah.vic.gov.au/crafternoon | 1300 88 22 33 or 03 9294 5531

Creativity is known to help maintain mental health and wellbeing as we grow older. Crafternoon will introduce a range of craft ideas and an opportunity to unleash creativity.

Under the skilful guidance of our staff and in the company of likeminded people, learn a new skill from scratch or put your skills to the test in the world of craft, all while having fun.

The activity is suitable for all skill levels. All supplies are provided and you can take home your masterpiece.



Bookings are a must for each session. Places are limited and may book out fast. To avoid disappointment, book early.

November 2024



Remembrance Day poppy bags

Celebrating Remembrance Day marked on 11 November in the honour of Australia's fallen soldiers, lets come together and design calico bags with poppy stencilling to cherish the memories of our brave daughters and sons.

🕒 **Monday 11 November 2024, 1pm to 3pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**

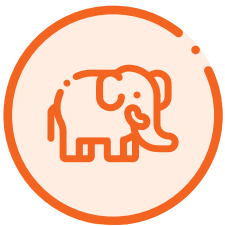


Pothead face platers with faux plants

An adorable DIY project where you will decorate pots and figureheads into faces and plant artificial plants. Make it a proud display of your creativity for your lounge room or patio.

🕒 **Monday 18 November 2024, 1pm to 3pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**



Bling up a lucky elephant

Create a beautiful lucky elephant using gold and glitter.

🕒 **Monday 25 November 2024, 1pm to 3pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**

December 2024



Christmas craft – sequin polystyrene ball decorations

It is never too early to start crafting for Christmas. Make your own Christmas decorations and get ready to welcome Santa your way.

🕒 **Monday 2 December 2024, 1pm to 3pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**



Christmas craft – Christmas wreath

The traditions of Christmas are lasting because they are made of love. In true Christmas tradition create, design and decorate your Christmas Wreath so that Santa won't miss your home.

🕒 **Monday 9 December 2024, 1pm to 3pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**



Christmas craft – Christmas table decoration

The Countdown starts now. Seven more days to go! Get your Christmas table decorations with these easy DIY crafts and make it a day to remember.

🕒 **Monday 16 December 2024, 1pm to 3pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**

***All supplies are provided
and you can take home
your masterpiece.***

February 2025



Emu craft

Make this Australian icon come to life with your crafting skills. Put the dexterity of your fingers to the test.

- 🕒 **Monday 3 February 2025, 1pm to 3pm**
- 📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**



Bird house project

Birds of a feather... flock together!

This activity plays a special role in bringing people together in an accessible activity that engages the senses and occupies body, mind, and soul. Build a birdhouse from scratch and make your feathered friends feel special.

Bookings for each session necessary.

Bookings open now.

- 🕒 **Monday 10, 17 and 24 February 2025, 1pm to 3pm**
- 📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**



March 2025



Rock cactus pot

This little garden is fun to make and will never need watering, replanting or any extra care! It will look so cute on your windowsill.

Bookings open now.

🕒 **Monday 3 March 2025, 1pm to 3pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**



Card making (stamping up)

Get your creative side going with our unique and charming card kits. They are exactly what you need for any occasion or celebration!

Bookings open now.

🕒 **Monday 17 March 2025, 1pm to 3pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**



Memory/treasure box

Memory/treasure Box is quick and easy to make, but unique enough to be something that can be given as a gift or cherished in your own home for years. You can safekeep your treasured items that takes you down the memory lane in the box.

Bookings open now.

🕒 **Monday 24 March 2025, 1pm to 3pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**



Pallet Mason jar vase

It's different, cheerful and welcoming! Turn that unwanted pallet into a true masterpiece. You will learn to make a pallet mounted mason jar vase step by step. Come along with your enthusiasm and creativity.

Bookings open now.

🕒 **Monday 31 March 2025, 1pm to 3pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**

April 2025



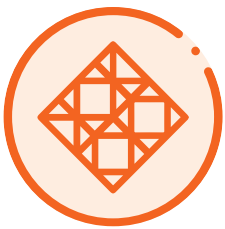
Easter crafts

Simple and easy crafts to get you ready for Easter. Surprise yourself and others with your creativity and make it a day to remember.

Bookings open now.

🕒 **Monday 7 and 14 April 2025, 1pm to 3pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**



Mosaic art project

Mosaic coasters and mosaic potholders are simple projects which are not only perfect for beginners but a great piece of functional mosaic art. You will have something amazing and useful at the end of the project.

Bookings open now.

🕒 **Monday 28 April 2025, 1pm to 3pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**



May 2025



Rock art on wood slices

Make a statement of art with a slice of wood and some pebbles all the while having great fun in good company. Makes a great gift or you can proudly hang it on your wall.

Bookings open now.

🕒 **Monday 5 May 2025, 1pm to 3pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**



String wall art

String Wall Art is characterised by an arrangement of coloured thread strung between points to form geometric patterns or representational designs. Put your fine motor skills to the test and the result will make you proud.

Bookings open now.

🕒 **Monday 12 May 2025, 1pm to 3pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**



Bird feeder

Do you enjoy spending time in your garden watching or feeding birds. Its therapeutic and adds colour and birdsongs to your garden. You can make a bird feeder from everyday items you will find at your home. Come and learn how.

Attendance is required for both sessions.

Bookings open now.

🕒 **Monday 19 and 26 May 2025, 1pm to 3pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**

June 2025

Photo frame

Make a photo frame that is as wonderful as the photos you wish to frame. It is easy to do and will keep your treasured memories safe.

Bookings open now.

🕒 **Monday 2 June 2025, 1pm to 3pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**



Clay creations

It's a tactile craft that can help you release energy and tension. Working with clay helps to develop/maintain cognitive skills and fine motor skills as you age. It provides the creative stimulation for self-expression and confidence for social interaction especially for older people with early signs of memory issues.

Attendance is required for all three sessions.

Bookings open now.

🕒 **Monday 16, 23 and 30 June 2025, 1pm to 3pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**





Colours of Maroondah



Mondays (except for public holidays)



10am to 12noon



**Maroondah Nets, 154 Heathmont Road, Heathmont
(some classes held offsite)**



**www.maroondah.vic.gov.au/Colours-of-Maroondah
1300 88 22 33 or 03 9294 5531**

Painting is fun! It's also a therapeutic activity, a fantastic skill, a beautiful art form, and a wonderful hobby to pick up at any stage of our lives.

Painting offers an excellent opportunity to relax, pass the time, harness our creativity, and engage the mind – its benefits are countless. But, did you know that creative art forms like painting plays a vital role in maintaining our health and wellbeing as we age?

Under the guidance of a qualified facilitator, nurture your inner artist while adding some splash of colour to your life. Learn painting techniques to create your own masterpiece.

Occasionally, weather permitting, you will also get the opportunity to visit local attractions (indoor and outdoor) and paint them.

No artistic ability is required. All skill levels, including beginners, are welcome. All supplies are provided.



**Bookings are a must for each session.
Places are limited and may book out fast.
To avoid disappointment, book early.**

November 2024



Painting tulips

A simple painting project that suits both beginners and masters. Learn the use of acrylic and water colours and watch the magic happen.

- 🕒 **Monday 11 November 2024, 10am to 12pm**
- 📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**



Painting swans

Art activities provide a positive outlet to share thoughts and feelings. As you age, this helps to lift your mood naturally and helps to exercise your mind. Try your hands in painting under guidance.

- 🕒 **Monday 18 November 2024, 10am to 12pm**
- 📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**



Under the Sea

Paint the wonders of the sea and the seabed. Bring your memories of snorkelling back. Make it as colourful as your life.

- 🕒 **Monday 25 November 2024, 10am to 12pm**
- 📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**



December 2024



Painting a Butterfly

You'll never get tired of painting butterflies. In our school days all of us would have painted fish, flowers, sunrise, ships and butterflies. Use your observation to paint a butterfly you've seen or run riot with your imagination. Choice is yours.

🕒 **Monday 2 December 2024, 10am to 12pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**



Christmas paintings

The traditions of Christmas are lasting because they are made of love. Let the colours of Christmas bring you joy and let your paintings spread the joy of Christmas.

🕒 **Monday 9 and 16 December 2024, 10am to 12pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**



February 2025



Still life mastery

The art of still life allows you to understand the absolute foundations of drawing like perspective, shadowing, depth and colour so that you too can create something realistic and visually interesting.

🕒 **Monday 3 February 2025, 10am to 12pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**

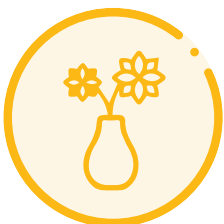


Painting 'en plein air' at Ringwood Golf

"En plein air" as the French would call it, 'painting in outdoors' combines the benefits of the nature and painting for your mental health. Weather permitting, we will paint outdoor at Ringwood Golf and follow it with a cuppa at Mister Fox Café.

🕒 **Monday 10 and 17 February 2025, 10am to 12pm**

📍 **Ringwood Golf – 352 Canterbury Road, Ringwood**



Painting flowers in a vase

Receiving flowers is said to reduce depression and anxiety in older adults. Learning to paint beautiful flower arrangements in a vase will certainly help too. Unlike flowers, the paintings will be there with you forever and will bring joy and happiness every time you look at them.

🕒 **Monday 24 February 2025, 10am to 12pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**

March 2025



Abstract art forms

It is an art form that communicates through lines, shapes, colours, forms and gestural marks but does not represent an accurate depiction of visual reality. It helps you free your mind from constraints and encourages you to interpret and assign personal meanings to your masterpiece.

Bookings open

🕒 **Monday 3 March 2025, 10am to 12pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**



Simple reflections: reflections in water

Water is one of the most sought-after subjects in painting. In this session, you'll learn how to paint reflections in water. Viewing large bodies of water and painting of waterbodies can have a calming effect on you.

Bookings open

🕒 **Monday 17 March 2025, 10am to 12pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**



Nature in a frame

Enjoy learning to paint beautiful landscapes. Landscape painting is the depiction of natural scenery in art. You will learn to paint mountains, valleys, bodies of water, fields, forests, and coasts in wide view.

Bookings open

🕒 **Monday 24 March 2025, 10am to 12pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**



Animal portraits

Capture the range of emotions of your furry friends on canvas or paint a majestic wild beast. It is your call. Learn the little tricks and techniques in painting animals.

Bookings open

🕒 **Monday 31 March 2025, 10am to 12pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**

April 2025



Colour symphony

Colours play a role far beyond being merely a visual stimulus. Colours, just like music, are the language of the soul, evoking deep emotions and memories. You will paint to musical compositions and capture the emotions they convey in colour.

Bookings open

- 🕒 Monday 7 April 2025, 10am to 12pm
- 📍 Maroondah Nets, 154 Heathmont Road, Heathmont



Painting 'en plein air' at Realm Town Square

"En Plein Air" as the French would call it, painting in outdoors combines the benefits of the nature and painting for your mental health. This time we are taking on the Town Square at Realm, Eastland capturing its vibrancy in colour.

Bookings open

- 🕒 Monday 14 April 2025, 10am to 12pm
- 📍 Realm Town Square – 179 Maroondah Hwy, Ringwood



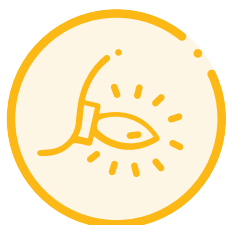
Painting seasons – autumn

Master the art of capturing the vibrant colours of the four seasons in canvas. Learn to capture the colours of Autumn.

Bookings open

- 🕒 Monday 28 April 2025, 10am to 12pm
- 📍 Maroondah Nets, 154 Heathmont Road, Heathmont

May 2025



Illustrating festive ornaments and lights

Learn to illustrate festive ornaments and lights. Unlock the secrets of using illuminations, lights and shade in your paintings.

Bookings open

🕒 **Monday 5 May 2025, 10am to 12pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**



Rhythmic brushstrokes

Combine your perception of colour and sound. Let your brushstrokes be inspired by euphonic tones, rhythms and tempo of music to ultimately form various unique images, patterns, and shapes. It is about enjoying the colours and music while having fun in the company of others.

Bookings open

🕒 **Monday 12 May 2025, 10am to 12pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**



Cityscapes

Cityscape painting is an art that depends on city scenes such as streets and buildings and its elements such as identity, modernity, history and architecture. You will learn how to capture the fast and furious life of the city in canvas.

Bookings open

🕒 **Monday 19 May 2025, 10am to 12pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**



Textural tapestry

Create abstract art using different tools to create a textured artwork.

Bookings open

🕒 **Monday 26 May 2025, 10am to 12pm**

📍 **Maroondah Nets, 154 Heathmont Road, Heathmont**

June 2025



Everyday item painting

Learn to paint everyday items. Find the joy in painting simple things and inanimate objects. This helps you to master the foundations of painting like perspective, shadowing, depth and colour to help you create something realistic and visually interesting.

Bookings open

- 🕒 Monday 2 June 2025, 10am to 12pm
- 📍 Maroondah Nets, 154 Heathmont Road, Heathmont



Painting 'en plein air' at Croydon Library Pond

"En Plein Air" as the French would call it, "painting in outdoors" combines the benefits of the nature and painting for your mental health. This time we capture the Croydon Library pond in paint.

Bookings open

- 🕒 Monday 16 June 2025, 10am to 12pm
- 📍 Croydon Library, Civic Square, Croydon



Picnic in a garden

Capture a family enjoying a picnic in a garden on a sunny day. Try your hands on the techniques you have learned so far. If you are new to painting, enjoy the learning.

Bookings open

- 🕒 Monday 23 June 2025, 10am to 12pm
- 📍 Maroondah Nets, 154 Heathmont Road, Heathmont



Painting weather scenes

Learn to paint the various weather forms. Either it's a wind gust that threatens to blow your roof off or a gentle breeze that brings you the pleasant smell of lavender from your garden, the choice is yours. Capture the force of nature on canvas.

Bookings open

- 🕒 Monday 30 June 2025, 10am to 12pm
- 📍 Maroondah Nets, 154 Heathmont Road, Heathmont



Health Matters



First Tuesday of every month (except for public holidays)



10am to 11.30am



Glen Park Community Centre – 30 Glen Park Road, Bayswater North



www.maroondah.vic.gov.au/Health-Matters | 1300 88 22 33

Get important information about possible health and wellbeing issues as well as practical challenges one could expect to face as we age.

‘Health Matters’ information sessions are designed to provide you with the knowledge and skills required to face and overcome these challenges.



Bookings are a must for each session.
Places are limited and may book out fast.
To avoid disappointment, book early.

December 2024



Efficient kitchen solutions for small households

Discover practical strategies to assist with meal preparation for one or two people. Learn about useful equipment and kitchen organisation that can simplify your cooking tasks and make them more enjoyable.

🕒 **Tuesday 3 December 2024, 10am to 11.30am**

📍 **Glen Park Community Centre – 30 Glen Park Road, Bayswater North**

February 2025



Maintain your memory

Is the occasional memory lapse or mental block bothering you? As we get older, our memory may not work as well, but there are ways to make it better. Learn tips to keep your memory in good shape, like making changes to your lifestyle and using strategies to help you remember things.

🕒 **Tuesday 4 February 2025, 10am to 11.30am**

📍 **Glen Park Community Centre – 30 Glen Park Road, Bayswater North**

March 2025



A balancing act – staying on your feet

Learn practical strategies to prevent falls and maintain independence. Discover how physical changes with age impact your risk of falls and explore effective ways to address risk factors to prevent injuries.

🕒 **Tuesday 4 March 2025, 10am to 11.30am**

📍 **Glen Park Community Centre – 30 Glen Park Road, Bayswater North**

April 2025



Remaining active and independent

Learn how to care for your back, conserve energy and stay safe and independent when carrying out your daily activities. Discover strategies to continue doing the things you enjoy.

🕒 **Tuesday 1 April 2025, 10am to 11.30am**

📍 **Glen Park Community Centre – 30 Glen Park Road, Bayswater North**

May 2025



Creating a safe and accessible home for independent living

Learn about useful equipment, minor home modifications and the use of smart technology to promote independence and safety in your home.

🕒 **Tuesday 6 May 2025, 10am to 11.30am**

📍 **Glen Park Community Centre – 30 Glen Park Road, Bayswater North**

June 2025



Adapting to changes in eyesight and hearing

Our senses are important for everyday activities like walking, reaching, keeping our balance, reading, and driving. As we get older, our senses may change. Learn ways to manage these changes so you can stay safe and continue living life to the full.

🕒 **Tuesday 3 June 2025, 10am to 11.30am**

📍 **Glen Park Community Centre – 30 Glen Park Road, Bayswater North**







Pitch Perfect



Wednesdays (except for public holidays)



10am to 12noon



Bill Wilkins Lodge – 53B Bedford Road, (Rosewarne Lane), Ringwood



www.maroondah.vic.gov.au/Pitch-Perfect

1300 88 22 33 or 03 9294 5531

Do you love music and want an uplifting experience? This program includes a variety of music related activities.

Our singing circle is facilitated by an experienced choir master, this is a great way to connect, have fun and give your soul a lift. No singing or musical experience needed and is suitable for all skill levels.



**Bookings are a must for each session.
Places are limited and may book out fast.
To avoid disappointment, book early.**

November 2024



Build your christmas repertoire

Bookings open now.

- 🕒 Wednesday 13 and 20 November 2024, 10am to 12noon
- 📍 Bill Wilkins Lodge – 53B Bedford Road, Ringwood



Sing from the screen

Practice singing the lyrics from the screen karaoke style.

Bookings open now.

- 🕒 Wednesday 27 November 2024, 10am to 12noon
- 📍 Bill Wilkins Lodge – 53B Bedford Road, Ringwood

December 2024



Christmas theme songs

Put your practice to good use.

Bookings open now.

- 🕒 Wednesday 4 December 2024, 10am to 12noon
- 📍 Bill Wilkins Lodge – 53B Bedford Road, Ringwood



Singing together

Enjoy the art of singing together and have fun.

Bookings open now.

- 🕒 Wednesday 11 December 2024, 10am to 12noon
- 📍 Bill Wilkins Lodge – 53B Bedford Road, Ringwood



End of year celebration and sing-along

Sing-a-long with your musical mates.

Bookings open now.

- 🕒 Wednesday 18 December 2024, 10am to 12noon
- 📍 Bill Wilkins Lodge – 53B Bedford Road, Ringwood

February 2025



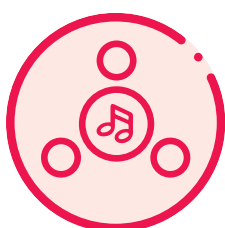
Ideas for new songs

Share your stories and select new songs for the group to practice.

Bookings open now.

🕒 **Wednesday 5 February 2025, 10am to 12noon**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**



Singing circle

A spontaneous, improvisational community-singing experience. simple, easy to learn and memorise songs sung together, layering harmonies and different parts!

Bookings open now.

🕒 **Wednesday 12 and 19 February 2025, 10am to 12noon**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**



East City Sound Inc. – Barbershop Chorus

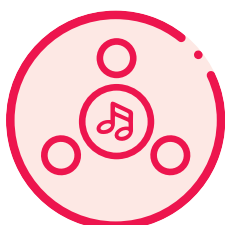
Enjoy singing with this lively choir in four-part barbershop-style, a cappella harmony.

Bookings open now.

🕒 **Wednesday 26 February 2025, 10am to 12noon**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

March 2025



Singing circle

A spontaneous, improvisational community-singing experience. More than just singing, it's about fostering connection, fun, and creating a supportive community.

Bookings open now.

🕒 **Wednesday 5, 12, 19 and 26 March 2025, 10am to 12noon**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

April 2025



Singing circle

Have fun singing with others in a welcoming and relaxed environment.

Bookings open now.

- 🕒 **Wednesday 2 and 9 April 2025, 10am to 12noon**
- 📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

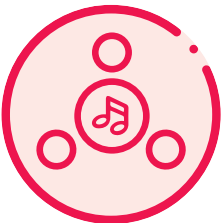


Sing together with Yakuna Singers

The group is visiting Pitch Perfect for a collaborative session sharing the love of music.

Bookings open now.

- 🕒 **Wednesday 16 April 2025, 10am to 12noon**
- 📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**



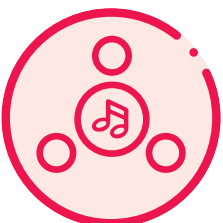
Singing circle

A spontaneous, improvisational community-singing experience.

Bookings open now.

- 🕒 **Wednesday 23 and 30 April 2025, 10am to 12noon**
- 📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

May 2025



Singing circle

Enjoy singing with like minded people and have fun.

Bookings open now.

- 🕒 **Wednesday 7, 14, 21 and 28 May 2025, 10am to 12noon**
- 📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

June 2025



Singing circle

Build a community of music.

Bookings open now.

🕒 **Wednesday 4, 18 and 25 June 2025, 10am to 12noon**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**



Music therapy song writing session

Encompasses various techniques to create lyrics, music and performance reflecting life experience.

Bookings open now.

🕒 **Wednesday 11 June 2025, 10am to 12noon**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**







Life Stories



Wednesdays (except for public holidays)



1pm to 3pm



Bill Wilkins Lodge – 53B Bedford Road (Rosewarne Lane), Ringwood



www.maroondah.vic.gov.au/life-stories | 1300 88 22 33 or 03 9294 5531

Have you ever wanted to document your life story but don't know where to start? Meet weekly to document your memories and stories.

Connect with others through lived experience and discuss family histories.



Bookings are a must for each session. Places are limited and may book out fast. To avoid disappointment, book early.

November 2024

Family history – what do you know?

Exploring family history offers a deeper understanding of roots, heritage, and cultural identity.

🕒 **Wednesday 13 and 20 November 2024, 1pm to 3pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

Look into our similarities – small world stuff

Exploring similarities, traditions, and heritage within family strengthens bonds and promotes a sense of belonging.

🕒 **Wednesday 27 November 2024, 1pm to 3pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

December 2024

Look into our similarities – small world stuff

Exploring similarities, tradition, and heritage within family strengthens bonds and promotes a sense of belonging.

🕒 **Wednesday 4 December 2024, 1pm to 3pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

Writing is good therapy

Think of something. Write it down. Don't worry about grammar, spelling or dates, just get it down.

🕒 **Wednesday 11 December 2024, 1pm to 3pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

Legacy

Legacy is about contemplating what we want to be remembered for, leaving a lasting impact that immortalises our essence.

🕒 **Wednesday 18 December 2024, 1pm to 3pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

February 2025

Introduction to writing life story

Together, we'll explore the reasons behind writing our life stories and create a framework that will guide us through this fulfilling process.

Bookings open now.

🕒 **Wednesday 5 February 2025, 1pm to 3pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

Why am I writing this and who is it intended for?

Work together to establish a structure that suits each story, exploring different approaches and using writing techniques to bring memories to life.

Bookings open now.

🕒 **Wednesday 12 February 2025, 1pm to 3pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

3 big events

Document the events that have had the most profound impact on your life journey.

Bookings open now.

🕒 **Wednesday 19 and 26 February 2025, 1pm to 3pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**



March 2025

3 big events

Document the events that have had the most profound impact on your life journey.

Bookings open now.

🕒 **Wednesday 5 March 2025, 1pm to 3pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

Big influences

We'll write about influences in our lives such as family members and mentors, to experiences that have transformed or challenged perspective.

Bookings open now.

🕒 **Wednesday 12, 19 and 26 March 2025, 1pm to 3pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

April 2025

Photo sharing session

Bring photos from life to discuss: A photo sharing session offers a wonderful opportunity to connect, reminisce, share cherished memories and spark meaningful conversations. Preserve and celebrate your collective history in photos.

Bookings open now.

🕒 **Wednesday 2, 9 and 16 April 2025, 1pm to 3pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

Family history – what do you know?

Exploring family history offers a deeper understanding of roots, heritage, and cultural identity.

Bookings open now.

🕒 **Wednesday 23 and 30 April 2025, 1pm to 3pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

May 2025

Family history – what do you know?

Exploring family history offers a deeper understanding of roots, heritage, and cultural identity.

Bookings open now.

🕒 **Wednesday 7 and 14 May 2025, 1pm to 3pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

Look into our similarities – small world stuff

Exploring similarities, traditions, and heritage within family strengthens bonds and promotes a sense of belonging.

Bookings open now.

🕒 **Wednesday 21 and 28 May 2025, 1pm to 3pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

June 2025

Look into our similarities – small world stuff

Exploring similarities, traditions, and heritage within family strengthens bonds and promotes a sense of belonging.

Bookings open now.

🕒 **Wednesday 4 June 2025, 1pm to 3pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

Writing is good therapy

Think of something. Write it down. Don't worry about grammar, spelling or dates, just get it down.

Bookings open now.

🕒 **Wednesday 11 and 18 June 2025, 1pm to 3pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

Legacy

Legacy is about contemplating what we want to be remembered for, leaving a lasting impact that immortalises our essence.

Bookings open now.

🕒 **Wednesday 25 June 2025, 1pm to 3pm**

📍 **Bill Wilkins Lodge – 53B Bedford Road, Ringwood**

“I have so much in common with the other participants and have lots of laughs ...” Fay.





Connect Groups

Connect Group programs are designed to cater for the needs of people aged 65 and over with low-level support needs.

If you enjoy socialising with like-minded people while doing slow to medium paced activities, mostly indoors, this is for you.

Programs run all five working days except on public holidays. Lunch is provided at an additional cost and bookings are a must.

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Room 1	Mens only Social Support Group 10am to 2.30pm	Social Support Group 10am to 2.30pm	Social Support Group 10am to 2.30pm	Thursday Outing Group 9.30am to 3.30pm	Social Support Group 10am to 2.30pm
Room 2	Social Support Group 10am to 2.30pm		Moves-chair based exercise 10.30am to 12noon		

“My mother cannot speak highly enough of the engagement you provide through the weekly events or the commitment and care provided by staff.

I am so grateful, as someone who cares greatly about my mother, that she is being so well supported.”

Support services

Services are available for those who require support to live at home and access the community safely and independently. These include Meals on Wheels, occupational therapy, carer groups, Maroondah Police Seniors Register and more.





Library and shopping bus services

Council's shopping bus or library bus services are a great options for those who do not have a means of transport to attend a shopping centre or local library.

Services operates fortnightly to various local shopping centres and libraries and can be booked directly through Council.

At Eastland Shopping Centre there are plenty of options including shopping, keeping fit by walking indoors, enjoy leisure time or meeting friends for coffee. Croydon and Realm Your Library libraries boast a range of activities to join in, computer and wi-fi access as well as a vast collection of books, magazines, newspapers, DVDs and CDs to borrow from.

Volunteers drive the bus transport, so participants must be independent during their attendance at the shops/library or arrange their own personal care assistant for providing support needs.

Dates may vary depending on where you live.



Mature Rainbows peer social support group

Mature Rainbows is for Maroondah residents (50 years and over) who identify as part of the LGBTI+ community, along with ally and friends from across our community.

The group is a peer social support group connecting in a safe and inclusive space, aiming to reduce social isolation and loneliness, build friendships, share stories and information, and provide education where wanted.



Thursdays fortnightly



2pm to 4pm



Croydon



Maroondah Carers Support Group

The Maroondah Carers Support group is a monthly group for carers offering social connection, information, and advice.

Carers can get together to support each other, share, and discuss issues. Receive information and advice from professionals and guest speakers to help manage and cope with their caring role.

The group offers social contact with others who may be experiencing a similar situation, as well as providing a break from their caring role.



Second Thursday each month



1pm to 2.30pm



Croydon



GenConnect – early years

Participate in Maroondah’s award-winning intergenerational program.

Build connections through interactive play with children 0 to 5 years of age in a supported environment at Maroondah Occasional Care Centre.

Working with Children Check (volunteer) required.



Thursdays



9.30am to 11am



**Maroondah Occasional Care Centre
7 Civic Square, Croydon**



GenConnect – teen years

Intergenerational program with teenagers.

Enjoy fun and laughs with teens through shared activities including gardening, cooking and games.

Working with Children Check (volunteer) required.



Selected Fridays during school terms



10am to 1pm



Kerrabee 3-5 Louisa Street, Croydon



Maroondah Police Seniors Register

The Register is run by volunteers to help older people living in Maroondah feel safe and connected to their community.

A Council-run initiative, the program aims to give residents, their relatives and/or friends peace of mind, knowing that someone is watching out for their wellbeing.

Members opt into the Register to choose to receive regular fortnightly or monthly telephone calls from a volunteer, offering social connection with the added benefit of a ‘safe and well’ contact. The Register also contains emergency contact details, such as next of kin, a neighbour, or a regular doctor, that can be used to contact key people if there are concerns for the safety or wellbeing of the person.



Occupational Therapy

If you over 65 and encountering challenges carrying out your daily activities, or concerned about your safety when moving around your home, our team of professional and experienced Occupational Therapists are here to assist you with:

- safely and efficiently performing day-to-day activities, independently or with aids/equipment.
- providing recommendations for equipment and home modifications as required.
- offering access to group programs and other services within Maroondah that could provide further support with your overall health and well-being.
- My Aged Care or Maroondah Council's services and how to access them.

Call our Aged and Disability Services team on 9294 5729 or email maroondah@maroondah.vic.gov.au



Meals on Wheels

Meals are home delivered for people who may be nutritionally at risk, have difficulty preparing meals or are socially isolated.

An added benefit of delivered meals is the regular face to face contact with volunteers who deliver the fresh or frozen meal/s from Monday to Friday.

Meals are delivered at approximately the same time each day between 10.30am to 1.30pm. Council's own Karralyka kitchen staff prepare all meals to a very high standard. The seasonal menu offers four main meal choices daily and includes soup, main meal and dessert. Some special diets can be catered for.

For more information call our Aged and Disability Services team on 9294 5729 or email maroondah@maroondah.vic.gov.au



Disability Services

Council is pleased to offer support to Maroondah residents through a dedicated Council funded NDIS Coordinator.

The NDIS Coordinator provides help with general and individualised information, and support for understanding and navigating the NDIS.

Advocacy support is also available.

Our NDIS Coordinator can be contacted via phone on 9298 4625 or email maroondah@maroondah.vic.gov.au

Fee Schedule# – Financial Year 2024/25

- People who have an active referral for CHSP through Maroondah City Council will have reduced fees offset by their CHSP subsidy.
- People who do not have a CHSP referral are required to pay the private rate fee.
- People who have a Home Care Package may apply their individual Commonwealth funding to offset their full fee, with the agreement of their provider.

Program	Commonwealth Home Support Program (CHSP) Rate* Per session	Private Rate** Per session	Home Care Package Client Rate*** Per session
The Explorers	^\$17.95	^\$39.24	^\$123.65
I Like to Move It	\$7.22	\$8.75	\$92.73
Crafternoon	\$7.22	\$8.75	\$92.73
Colours of Maroondah	\$7.22	\$8.75	\$92.73
Pitch Perfect	\$7.22	\$8.75	\$92.73
Life Stories	\$7.22	\$8.75	\$92.73
Health Matters	\$3.00	\$4.00	\$3.00
Shopping or Library Bus Service	\$5.91	\$5.91	\$5.91

Fees were correct at the time of publishing, however, are subject to review. For up-to-date fees, please refer to program details on the Maroondah City Council website.

* CHSP Rates – are subsidised by the Commonwealth Home Support Program. A [My Aged Care referral](#) (scan the QR code below or visit www.myagedcare.gov.au/assessment) for Social Support Group at Maroondah City Council is essential.

** Private Rate applies to people who are not eligible for a program funding subsidy. Priority access will be provided to CHSP clients.

*** The Home Care Package rate contributes the full cost of participation.

^ Additional 'pay as you go for your own' expenses may apply to some programs based on individual or optional choices, such as venue entry fee, lunch, morning, or afternoon tea purchases.

Bookings and eligibility

Bookings for Social Support Programs are a must for each session.

Places are limited and may book out fast. To avoid disappointment, please book early. Bookings can be made via phone or online at Councils website.

Priority access will be given to Commonwealth Home Support Program clients. If you are 65 years of age and over (50 years and over for First Nations People) you may be eligible for the Commonwealth Home Support Program. You can directly contact Commonwealth government My Aged Care (MAC) online at www.myagedcare.gov.au/assessment or by telephone on 1800 200 422 and assess your eligibility. If you are looking to participate in Maroondah City Council Social Support Programs and/or access services such as Occupational Therapy and Meals on Wheels, you may request a one-time referral for these services to be provided by Maroondah City Council. Your eligibility for the Commonwealth Home Support Program will entitle you to a subsidised rate for the above services.

If you are not eligible for the Commonwealth Home Support Program or simply do not want to go through the MAC process, you will still be able to participate in our social support programs and/or receive our services at a private rate if places are available. If you are on a homecare package, you will require to pay the full cost of programs and services.

If you are a Maroondah resident of 50 years of age and over and do not fall under any of the category above, you still will be able to participate in our social support programs and/or receive our services at a private rate if places are available. Please refer our fee schedule on page 54 for more information on individual program cost or visit our webpage for more details.

Programs may be changed if necessary due to unforeseen circumstances and all efforts will be made to contact people at the earliest time possible.

More information



Growing older and living well *eNewsletter*

Sign up here to register your email to receive the **Growing older and living well eNewsletter** to keep informed about all upcoming programs.

Volunteering at Maroondah City Council

Volunteering time and energy helps strengthen our community and has important emotional and physical benefits for the people who volunteer.

Our social Inclusion and Wellbeing programs provide opportunities to:

- volunteer close to home
- give back to the local community
- stay active and healthy
- learn a new skill, share your skills and knowledge with others, and
- make new friends.

People interested in volunteering with the Social Inclusion and Wellbeing programs can contact Council to find out more.

Find out more

- **Council's website:** www.maroondah.vic.gov.au
- **Telephone:** 1300 88 22 33 or 9298 4598
- **Email:** maroondah@maroondah.vic.gov.au

Contact us

1300 88 22 33 or 03 9298 4598

SMS 0480 020 200

TIS: 131 450 (Translating and Interpreting Service)

NRS: 133 677 (National Relay Service)

maroondah@maroondah.vic.gov.au

www.maroondah.vic.gov.au

 maroondahcitycouncil

 maroondahcitycouncil

 CityofMaroondah

 Maroondah City Council

PO Box 156, Ringwood 3134

Visit us

Croydon

Croydon Library, Civic Square, Croydon

Realm

179 Maroondah Highway, Ringwood

