



**Yarra
Ranges
Council**

A Guide to Healthy & Active Ageing in the Yarra Ranges

Message from the Mayor



Welcome to Yarra Ranges Council's Healthy and Active Ageing guide. This guide highlights the benefits of ageing well and keeping active, healthy and involved in the broader community. Council is committed to promoting healthy and active ageing and making Yarra Ranges an age-friendly community - one that supports people and provides them with opportunities to contribute and participate, no matter their age or ability level.

The guide provides information on local events, festivals and exhibitions, lifelong learning and volunteering opportunities. For more active residents, there are many recreation and physical activity options.

The Healthy and Active Ageing guide is made to support older residents to remain independent by providing them with the knowledge and skills to make the most out of their local community.

We respectfully acknowledge the Traditional Owners, the Wurundjeri People as the Custodians of this land. We also pay respects to all Aboriginal Community Elders, past, present and emerging, who have resided in the area and have been an integral part of the history of this region.

Cr Richard Higgins

Mayor of Yarra Ranges

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Recreation & Staying Active



Staying physically active is the most important thing older adults can do to stay fit and independent. As little as 30 minutes of physical activity most days can help control weight, lower blood pressure and cholesterol, and reduce the risk of falls, disease and illness. Regular exercise can lead to increased memory ability and brain health, delaying the onset of dementia.

Parks, Reserves and Trails

There are many walking, cycling and recreation areas in the Yarra Ranges. For information on parks, reserves and trails **call 1300 368 333 or visit yrc.vic.gov.au/parks**.



Aquatic & Fitness Programs

Belgrave Outdoor Pool

69 Best St, Belgrave

9754 2743

yrc.vic.gov.au/pools

33mt heated outdoor pool*.

Healesville Community Outdoor Pool

5/36 Don Rd, Healesville

5962 2710

yrc.vic.gov.au/pools

50mt heated outdoor pool*.

Jack Hort Memorial Indoor Pool

Healesville High School,
10 Camerons Rd, Healesville

5962 2709

jhmcp.com.au

25mt heated indoor pool. Offers gentle exercise classes for rehabilitation

Kilsyth Centenary Pool

75 Hawthory Rd, Kilsyth

9725 9411

kilsythcp.com.au

50mt indoor pool, spa and leisure pool, toddler pool. Offers a variety of Aqua aerobics classes.

Lilydale Outdoor Pool

26 Market St, Lilydale

9735 0144

yrc.vic.gov.au/pools

50mt heated outdoor pool*.

Monbulk Aquatic Centre

26 Baynes Park Road, Monbulk

9756 6227

monbulkaquatic.com.au

25mt indoor pool. Offers Chair Yoga and Move to Improve (for over 60's).

Olinda Outdoor Pool

79-81 Olinda Monbulk Rd, Olinda

9751 2232

yrc.vic.gov.au/pools

25mt heated outdoor pool*.

The Yarra Centre

2451 Warburton Highway, Yarra Junction

5967 1675

yarracentre.com.au

25mt heated indoor pool with aqua exercise for over 50s. Exercise programs including Living Longer Living Stronger program plus Tai Chi, table tennis, and walking groups.

***NOTE: All Outdoor Pools operate from November to March and open on day of 22°C or higher.**



Badminton Clubs

Mountain District Badminton Association

Kilsyth Sports Centre,
115 Liverpool Rd, Kilsyth

Glenda 0429 820 000

insports.com.au/mdba

Wandin East Badminton Club

Wandin East Reserve, Monbulk/Seville
Road, Wandin East

0438 644 572 or 0434 270 629

The Yarra Centre

2435 Warburton Hwy, Yarra Junction
Casual Badminton Available

5967 1675

Bowling Clubs

Chirnside Park Bowls Club

68 Kingswood Drive, Chirnside Park

9727 2734

chirnsideparkcc.bowls.com.au

Healesville Bowling Club Inc

85 River Street, Healesville

5962 4984

healesvillebowlsclub.bowls.com.au

Lilydale Bowling Club

5 Hardy St, Lilydale

9735 1317

lilydale.bowls.com.au

Monbulk Bowling Club

11 Moores Rd, Monbulk

9756 6183

monbulkbowls.org

Mooroolbark Bowls Club

170 Hull Rd, Mooroolbark

9725 3131

mooroolbark.bowls.com.au

Upwey-Tecoma Bowls Club Inc

21 - 41 Alexander Ave, Upwey

9754 3144

upweybc.com

Warburton Bowls Club

Warburton Recreation Reserve,
Warburton

5966 2391

warburtonbowls.com.au

Yarra Glen Bowls Club

18 Anzac Avenue, Yarra Glen

9730 1718

yarraglen.bowls.com.au

Yarra Junction Bowls Club

Recreation Reserve,
2451 Warburton Highway, Yarra Junction

5967 3101

yarrajunctionbowlingclub.org.au



Cricket

Ringwood District Cricket Association

Covers Chirside Park, Kilsyth, Montrose, Mooroolbark and Mt Evelyn areas.

0412 350 986

rdca.com

Ferntree Gully & District Cricket Association

Veteran cricket competition with modified rules.

Covers Belgrave, Monbulk and Upwey areas. Lilydale, Kilsyth, Montrose, Mooroolbark, Mt Evelyn and Chirside Park areas.

0422 996 182

ftgdca.com.au

Yarra Valley Cricket Association

Covers Yarra Valley area.

0408 353 076

yarravalleycricketassociation.com.au





Golf Clubs

Gardiners Run Golf Course

130 - 132 Victoria Road, Lilydale

9739 7522

gardinersrun.com.au

Yering Meadow

178 - 180 Victoria Road, Yering

9738 9000

yeringmeadows.com.au

Eastwood Golf Club

Liverpool Road, Kilsyth

9728 1276

eastwoodgolf.com.au

RACV Healesville Country Club

122 Healesville-Kinglake Road,
Healesville

5962 4899

racv.com.au

Warburton Golf Club

17 Dammans Road, Warburton

5966 2306

warburtongolf.com.au

The Eastern Golf Club

215 Victoria Road, Yering

9739 0110

easterngolfclub.com.au

Heritage Golf Club

21 Heritage Ave, Chirnside Park

9760 3200

heritagegolfclub.com.au



Tennis

Many clubs offer seniors and veterans tennis social and competition sessions. Contact your local club to find out what they can offer.

Belgrave Tennis Club

Benson St, Belgrave

9754 3602

tennis.com.au/belgravetc

Belgrave Heights Tennis Club Inc

Colby Drive, Belgrave Heights

0413 450 866

tennis.com.au/belgraveheightstc

Healesville Tennis Club Inc

Queens Park Reserve,
Don Rd, Healesville

5962 3639

healesvilletc.org.au

Lilydale Tennis Club

Eyrefield Park, Lilydale

9739 6331

tennis.com.au/lilydaletcinc

Monbulk Tennis Club

Sporting Precinct, Moores Road, Monbulk

9752 0439

tennis.com.au/monbulktc

Mooroolbark Tennis Club Inc

Hawthory Rd, Kilsyth

9723 7778

Seville Tennis Club

Monbulk-Seville Road, Seville,

5964 4555 or 0447 544 287

tennis.com.au/seville

Upwey South Tennis Club

Recreation Reserve, cnr Eloera &
Brookside St, Upwey

9759 6475 or 0430 550 305

ustc.org.au

Upwey-Tecoma Tennis Club

Alexander Ave, Upwey

9754 6046 or 9754 7439

tennis.com.au/upweytecoma

Warburton Tennis Club

3365 Warburton Hwy, Warburton

0428 398 575

tennis.com.au/warburtontc

Yarra Glen Tennis Club

14 Anzac Ave, Yarra Glen

0401 368 998

tennis.com.au/yarraglentc

Yellingbo Tennis Club

Tudor Court Rd, Yellingbo

5964 8238

ftglwta.org.au





Table Tennis

Croydon & District Table Tennis Association Inc

Kilsyth Sports Centre,
115 Liverpool Rd, Kilsyth
Social competition for all ages available.

0450 763 252

insports.com.au/ttp/cdtt

Monbulk Table Tennis

Monbulk Hub, 21 Main St, Monbulk
Jenie 9752 1213 or 0407 318 956

Keenagers Table Tennis

The Yarra Centre,
2435 Warburton Hwy, Yarra Junction
Egon or Maureen 5966 9772

Water Sports

Sailing for Everyone Lilydale

Lillydale Lake, Lilydale
This is a fun outdoor experience for
people of all abilities.

0456 033 949

**[lilydalecommunitysailingclub.
weebly.com](https://lilydalecommunitysailingclub.weebly.com)**

Paddle Hub - Kayaking

Lillydale Lake, Lilydale

9020 2750

Sherbrooke Knox Canoe Club

Aura Vale Lake Park, Menzies Creek
Join us for kayak racing & water
activities.

9763 9252 or 0404 480 413

Walking Groups

Dandenong Ranges Orienteering Club

Street & Park based orienteering events for all ages & abilities. No equipment needed, instruction available for beginners.

9888 8121 or 0407 998 240
droc.orienteering.com.au

Melbourne Bushwalkers

Regular walks at locations around Victoria including the Yarra Ranges.

mbw.org.au

Chirnside Park Walking Group

Wednesdays 7.30am

Meet at Boost Juice

Chirnside Park Shopping Centre,
239-341 Maroondah Highway,
Chirnside Park

9727 9001

chirnsidepark.com.au



Pathways for Carers Mt Evelyn & Healesville

Join other carers of people with a disability or mental illness in an opportunity walk together and to learn more about news, services and supports available to carers. Meet representatives from local organisations. Includes free coffee and cake.

Nicky Condello 9736 1177

**[www.facebook.com/
pathwaysforcarers](https://www.facebook.com/pathwaysforcarers)**



Other Sporting Clubs

Australian Rules Football

Veteran competition with modified rules.

Monbulk 9756 7123
monbulkfnc.com.au

Upwey-Tecoma 9754 8127
utfnc.org.au

Kilsyth 0412 737 211
kilsythfootballclub.com.au

Mt Evelyn 0403 211 251
mtevelynfncau.teamapp.com

Croquet Club Lilydale

Melba Park, Market Street Lilydale
9725 6541

Cycling

There are many safe cycling areas in the Yarra Ranges **call 1300 368 333 or visit yrc.vic.gov.au/parks**

Knox Bike Club offers rides within Yarra Ranges.

Chris 0403 068 285 - knoxbike.org

Fernwood Fitness Centres

Chirnside Park & Ferntree Gully
Light-paced workouts for women wanting to improve their aerobic fitness and muscle conditioning, as well as Body Balance which incorporates yoga, Pilates and Tai Chi to improve strength, balance and flexibility.

**9630 8800 or
fernwoodfitness.com.au**

Futsal

19/23 Hereford Road, Mount Evelyn
Social indoor soccer.

**1300 788 799
futsaloz.com.au**

Kilsyth & Mountain District Basketball Association

Kilsyth Sports Centre,
115 Liverpool Road Kilsyth
Veterans' competition available.

**9728 1033
kilsythbasketball.com.au**



Lilydale Squash Club

456 Swansea Road, Lilydale

9735 0098

lilydalesquash.com.au

Lilydale Judo Club

Lilydale Community Youth Club, Market Street Lilydale.

Classes available for all ages & abilities

0413 659 947

lilydalejudo.com

Wado-Kan Karate-Do

Healesville and Yarra Glen

Classes for all ages, beginners encouraged.

0415 910 011

wadokankarate.com

Yering District Archery

Lilydale Airport,

13 MacIntyre Lane Lilydale

0407 324 584 or 0418 514 234

yeringdistrictarchers.org.au

Lifelong Learning



Lifelong learning can be structured training, adult education courses or volunteering with local organisations. They all contribute to improved physical and mental fitness, helping you maintain your independence and remain engaged in your community.

Neighbourhood Houses & Community Centre

Neighbourhood houses offer community based activities and services including classes, training, health and fitness programs, support groups, internet and computer access, fax and photocopy facilities. Contact your closest centre for their current program.



Cire

Cire Services provides flexible learning opportunities, education and training and a depth and breadth of community programs and services to help meet the needs of people of all ages, particularly in the Upper Yarra catchment where there is much socio-economic disadvantage.

1300 835 235 or cire.org.au

Cire Chirnside Park Community Hub

33 Kimberley Drive, Chirnside Park

Cire Yarra Junction Community Hub

2463 Warburton Highway, Yarra Junction

Healesville Living & Learning Centre

1 Badger Creek Road, Healesville

5962 5982

hllc.org.au

Computing and Digital Media, Art and Craft, Health, Personal Development, Environmental and Sustainability programs and workshops.

Japara Living & Learning Centre

54-58 Durham Rd, Kilsyth

9728 3587

japarahouse.com.au

Classes and social groups including: craft, seniors, philosophy, sewing, musical, puzzles and Italian.

Kallista Community House

2 Church Street, Kallista

9755 2622

kallistacommunityhouse.org.au

Classes, workshops, playgroups and social groups.

Mt Evelyn Community House

50 Wray Crescent, Mt Evelyn

9736 1177

mtevelynch.com.au

Olinda Community House

79-81 Olinda Monbulk Road, Olinda

9751 1264

och.net.au

Olinda Community House offers classes, workshops, health and fitness sessions, men's shed.

Selby Community House

Minak Road, Selby

9754 2039

selbyhouse.com.au

Selby house offers formal training, fun classes, events, occasional childcare and playgroups and the Selby Fest.



Seville Community House

8 Railway Road, Seville

5964 3987

sevillecommhouse.org.au

Classes include Tai Chi, yoga, meditation, walking group, computer classes, art classes, knitting, crocheting, reflexology, adult stretch classes, Pilates.

Woori Community House

Shop 5- 1385 Healesville Koo Wee Rup Road, Woori Yallock

5964 6857

wooricommhouse.org.au

Courses and workshops, meeting place for groups, community events, computer and wifi facilities.

Yarra Glen & District Living & Learning Centre Inc

12- 17 Anzac Avenue, Yarra Glen

9730 2887

yarraglen.com/livingandlearning

Art workshops, book club, gardening group, health and wellbeing classes, history group and holiday classes for kids.



Eastern Regional Libraries

Services provided include mobile services, free internet access, an extensive database collection, homebound services, public computers, beginners IT training, meeting rooms and numerous community-based programs for all ages.

To check open hours and events at your local library visit
yourlibrary.com.au or 1300 737 277

Belgrave

Reynolds Lane, Belgrave

9800 6489

Healesville

110 River Street, Healesville

9800 6497

Lilydale

Building LA, Box Hill Institute Lilydale
Lakeside Campus, Jarlo Drive, Lilydale

9800 6457

Monbulk

Monbulk Living and Learning Centre,
21 Main Road, Monbulk

9294 6961

Montrose

935 Mount Dandenong Tourist Road,
Montrose

9800 6490

Mooroolbark

7 Station Street, Mooroolbark

9800 6480

Mt Evelyn

50 Wray Crescent, Mt Evelyn

9800 6412

Yarra Glen Community Reading Room

Memorial Hall, 45 Bell Street (corner
Anzac Parade) Yarra Glen

8719 9410

Yarra Junction

1A Hoddle Street, Yarra Junction

9800 6462



Arts & Culture in the Yarra Ranges

To see the programs visit
yarraranges.vic.gov.au/Experience/The-Arts or call 1300 368 333

Arts Centre Warburton

3409 Warburton Highway, Warburton

Burrinja Cultural Centre,

Cnr Glenfern Road and Matson Drive,
Upwey

Mooroolbark Community Centre

125 Brice Avenue, Mooroolbark

Montrose Town Centre

935 Mount Dandenong Tourist Road,
Montrose

The Memo Healesville

235 Maroondah Highway, Healesville

Yarra Ranges Regional Museum

Lilydale, 35-37 Castella Street, Lilydale

University of the Third Age - U3A

U3A is a world-wide self-help organisation for people no longer in full time employment. It provides educational, creative and leisure opportunities in a friendly environment. The term 'university' is used in a broad sense where members can be both students and conversely teachers or leaders.

U3A's offer a diverse range of interesting and absorbing activities. No prior educational qualifications are required and you are not required to study long-term, as no certificates or degrees are awarded.

Keep your mind and body active; stimulate your senses in addition to meeting like-minded people.

Sherbrooke U3A

Upwey Senior Citizens Hall, 1 Mahoney St Upwey (rear of Upwey shops)

9754 3339

sherbrookeu3a.org.au

Yarra Ranges U3A

Japara Living & Learning Centre, 54-58 Durham Rd, Kilsyth

9728 1132 or 9728 1808

u3ayarraranges.com.au

Walmsley Village U3A

188 Greeves Drive, Kilsyth

9725 3409

Mt Dandenong U3A

Farndons Hall 42 Falls Road, Kalorama

0491 064 569

u3amountdandenong.org

Healesville & District U3A

Courthouse, 42 Harker Street, Healesville

0490 917 975.

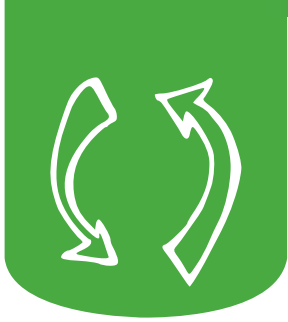
healesvilleu3a.org.au

U3A Upper Yarra

The Family Centre, 2444 Warburton Hwy, Yarra Junction

5967 1702

upperyarrau3a.org.au



Volunteering

Volunteering has huge emotional and physical health benefits for the volunteer. Volunteering can prevent social isolation and reduce symptoms of depression. It also keeps you active for longer and may help prevent dementia.

There are many opportunities to volunteer in the Yarra Ranges and donate your time and skills to help others in the community.

yrc.vic.gov.au/volunteer

Volunteer as a Community Storyteller

Train as a Bookaburra volunteer to run book-reading or story time sessions with small groups of parents and young children in the community.

yarraranges.vic.gov.au/bookaburra

Michelle Lehmann on 1300 368 333

Eastern Volunteers

Are you looking for a volunteer role? Eastern Volunteers can help you find a volunteer position in the outer eastern suburbs of Melbourne. Please call to discuss the type of volunteering that would best suit you.

9870 7822

easternvolunteers.org.au

Volunteer with Bridges Connecting Communities

Bridges supports people in the South West Yarra Ranges covering Belgrave/Upwey and the Dandenong Ranges. Volunteer roles include: Transport driving (volunteers can drive their own vehicle or one of Bridges fleet), assisted shopping, dog walking, phone a friend, friendly visiting, social support assistants and office administration.

9763 9700

bridgescc.com.au

Volunteer with Mooroolbark and District Miniature Railway

Join us to help run and maintains the railway at Kiloran Park , Hawthory Road, Kilsyth. For those mechanically minded there are numerous activities including locomotive and track maintenance/construction as well as drivers, station assistants, point controller, and BBQ staff.

Working Bees every Tuesday from 10am to 4pm and nominated Saturdays

Peter 9725 9601

mmr.org.au

Volunteer with Upwey Township Tool Library

Join this new, grass-roots, environmentally sustainable initiative providing an opportunity to share & borrow hand, power & garden tools, ladders, etc. For use on household & community projects.

Skilled volunteers with an interest in gardening & household maintenance needed for an hour or two per month.

**[facebook.com/groups/
UTGToolLibrary/](https://facebook.com/groups/UTGToolLibrary/)**

Volunteer with Melba Support

Activities include gardening, coffee and shopping outings, cooking, music programs, swimming and talking on the radio, just to name a few.

9212 0117

**[melbasupport.com.au/volunteer-
with-us](http://melbasupport.com.au/volunteer-with-us)**



Volunteering – Environmental Friends & Landcare Groups

Landcare and friend groups help to protect and restore a wide range of native plants, animals and environments.

Friends groups are comprised of members who work together to help protect and restore:

- Specific reserves
- Native plant species
- Animal species

There are hundreds of friends groups helping to conserve and restore Victorian parks. Every group is independent and autonomous.

Yarra Ranges Council works closely with local environmental groups to help them achieve their goals.

For more information contact the Environmental Volunteer Support Officer on 1300 368 333.

Yarra Ranges **Landcare** Network is a joint effort between the community, government and business to protect and repair our environment through a focus on sustainable management of our natural resources.

To join one of twelve Landcare Groups within the Yarra Ranges contact Anne 0488 766 113 or yarrarangeslandcare.org.au.

Friends of Belgrave Lake Park

35 Park Dr, Belgrave

Working Bees held at the park each Tuesday (weather permitting) between 10 am and 5 pm approx.

This is a small group comprised mainly of retirees who take responsibility for eradicating weeds and re-establishing indigenous plant species in the bushland area bordering the BLP recreational reserve. An important focus of the group is protection and restoration of Monbulk Creek as a platypus habitat.

The group's structure is informal, with members spending only as much time and effort at working bees as they can spare but all say they enjoy the gentle outdoor exercise that helps to preserve our precious natural environment.

Wendy Cross

hiwood@bigpond.net.au

9754 8003

Montrose Environmental Group

We strive to care for the natural environment.

Regular working bee at Bungalook Conservation Reserves, Terredan Drive, Kilsyth on the morning of the second Saturday of the month.

Other working bees at Montrose Brickworks Flora Reserve, Cambridge Rd Montrose and elsewhere.

We hold meetings with interesting speakers at various times. You do not need to be physically active to be a member; we have membership support from people who belong because they are interested in the natural environment. You do not need to live in Montrose to be a member.

meg.org.au

9723 4700

info@meg.org.au



Friends of Margaret Lewis Reserve

Ingram Road, Coldstream

We maintain the environmental integrity of our reserve, while making it user friendly with walking tracks and open spaces. We encourage community involvement and a spontaneous morning tea session has developed for every Saturday morning.

Margaret Lewis Reserve is one of the best dog off-leash area in the Shire.

There are no set dates for group working bees, small teams contribute when available. If you would like to be part of a working team, please call to arrange a time.

Morris Maxwell

mlresrve@bigpond.com

0418 389 900

Friends of Upwey South Reserve

Morris Road, Upwey

We weed and plant to foster the indigenous flora and fauna of Upwey South Reserve.

We hope to benefit the community and to foster community connections through engagement with the natural environment.

There are opportunities for members to participate in environmental works and training activities.

Friends of Upwey South Reserve is a Child Safe group. We do require that all children are supervised.

Meet at 10am on the last Saturday morning of each month (excluding December & January).

Ian Rainbow

0400098789



Friends of Glenfern Valley Bushlands

Glenfern Road, Upwey

Glenfern Valley Bushlands is a 40-hectare tranquil nature reserve north of Glenfern Road. The landscape ranges from open woodlands to a haven for birds along Ferny Creek. It has a wide diversity of flora and fauna with a good network of walking tracks on its north facing slope. We welcome both walkers and volunteers.

glenfernvalleybushlands.org.au
glenfernvalleybushlands@hotmail.com

Friends of Elizabeth Bridge Reserve (FOEBR)

Durham Road, Kilsyth

FOEBR meet on the 1st Sunday of the month for a general tidy up including weeding and gardening.

We also meet every 3 months (usually after our working bee) at the bridge house for a general discussion and to report any reserve issues.

Our purpose is to protect and preserve Elizabeth Bridge Reserve. To act as a lobby group on behalf of the Reserve and liaise with Yarra Ranges Council and Melbourne Water on behalf of the community and users of the Reserve.

Graeme 0404 817 344

Des 9725 1889

Allan 0447 036 277

Social Connectedness



Social Connectedness is the key to longevity and wellbeing. Building relationships and interactions with others promotes positive health and wellbeing, increasing your happiness and self-esteem.

Senior Citizens

Senior Citizens Clubs provide a friendly place where people enjoy friendship and companionship with a varied and interesting program including meals, outings and activities. Some clubs offer transport and prices are kept to a minimum.

Chirnside Park Senior Citizens Club

Chirnside Park Community Hub,
Kimberley Dve, Chirnside Park

1300 835 235

Meet Tuesdays

Lilydale Italian Senior Citizens Club (Circolo Pensionati Italiani di Lilydale)

Lilydale Bowls Club, 5 Hardy St, Lilydale

9737 9491

Meet Wednesdays

Healesville Senior Citizens Club

Cnr Green and River St, Healesville

5962 1550

Meet Tuesdays & Fridays

Lilydale Senior Citizens Club

7 Hardy St, Lilydale

9735 4880

Meet Wednesdays & Fridays

Kilsyth Senior Citizens Inc

Japara Living & Learning Centre,
54-58 Durham Rd, Kilsyth

9728 3587

Meet Tuesdays

Monbulk Senior Citizens Club

Lower level, Monbulk Hub,
Main St, Monbulk

0499 854637

Meet Tuesdays

Montrose Senior Citizens Club

Montrose Town Centre,
Mt Dandenong Road, Montrose

9761 9133

Meet Fridays

Mooroolbark Senior Citizens

125A Brice Avenue, Mooroolbark

9726 7095

**Meet every day with main club day
on Thursdays**

Olinda-Sassafras Senior Citizens Centre

Olinda-Monbulk Rd, Olinda

9751 1264

Meet Tuesdays

Upwey Senior Citizens Centre

6 Mahoney St, Upwey

9762 8068

Meet Tuesdays

Wandin Senior Citizens Club

401 Warburton Hwy, Wandin North

5964 3558

Meet Tuesday & Thursdays

Yarra Glen Senior Citizens Inc

Cnr Bell St and Anzac Ave, Yarra Glen

9730 1874

Meet Tuesdays

Yarra Junction Over 50's Friendship Club

Yarraburn Centre

1 Park Road, Yarra Junction

Meet Mondays

Yarra Valley Over 50's Friendship Club

Community Centre,

Kelso Street, Coldstream

9739 0168

Meet Mondays and Fridays



Probus

Probus is all about Friendship, Fellowship and Fun in retirement.

Probus provides you with the opportunity to join together for healthy minds and active bodies through social interaction and activities with retirees in your community.

Probus opens the door to new experiences and friendships; you can hear wonderful guest speakers, stay active by participating in a wide range of activities and explore your community, your country or the world.

Olinda Combined Probus Club Second Wednesday of the month

Olinda Community House,
79-81 Olinda-Monbulk Road, Olinda

Neilma 0414 506 036

Healesville Womens Probus Third Friday of the month

Senior Citizens Club
Cnr Green Street & River Street,
Healesville

**Lorraine 5962 1863 or
Coral 5962 2113**

Healesville Valley Womens Probus Third Monday of the month

Senior Citizens Club
Cnr Green Street & River Street,
Healesville

Lesley 5962 3565 or Joan 5962 1890

Healesville Men's Probus Third Thursday of the month

St Brigid's Parish Hall
Cnr Ryrie and High Streets, Healesville

Stewart 0408 328 441

**Lilydale Combined Probus
Second Thursday of the month**

Lillydale Lake Community Room,
435 Swansea Rd, Lilydale

George 9735 0880

**Lilydale Womens Probus
First Tuesday of the month**

Lillydale Lake Community Room,
435 Swansea Rd, Lilydale

George 9735 0880

**Montrose Combined Probus
Third Wednesday of the month**

Montrose Church of Christ,
7 Leith Road, Montrose

Ruth 9761 4258

**Mooroolbark Combined Probus
Second Wednesday of the month**

St Margaret's Uniting Church,
207-219 Hull Road, Mooroolbark

**Beverley 9726 6291 or
Dennis 0431 766 360**

**Seville Combined Probus Club
First Thursday of the month**

St James Church,
Beenak Rd, Wandin Nth

**Monica on 5964 3802 or
0439 817 505**



Country Women's Association (CWA)

The Country Women's Association is a vibrant, self-funded philanthropic organisation of women supporting women, children and families across Victoria and new members are welcome. CWA's cook, craft and advocate for change, while always remaining relevant.

cwaofvic.org.au

Belgrave CWA

Belgrave CWA Hall,
1596 Burwood Highway, Belgrave

Meet on the 2nd Wednesday of each month at 10am.

Craft days are held on the 4th Wednesday of each month at 10am.

Branch members can bring items such as soap, toothbrushes, toothpaste, face washers, etc. To make up hampers for hospitals and refugees.

0421 645 192

Kilsyth/Montrose CWA

The Bridge Community Garden Centre,
Durham Rd. Kilsyth

Join this lovely group of ladies who like to help the community at fundraisers during the year and make donations each month to Anchor in Lilydale to help people in need.

Meet on the 1st Tuesday of each month at 7.30pm in the Bridge Community House, Durham Road, Kilsyth.

Branch Craft is held on the 3rd Tuesday of each month at 7.30pm.

Tracey 0421 958 119

Monbulk CWA

Monbulk RSL Hall, 48 Main Rd, Monbulk
Join these friendly ladies whose interests include cooking, craft and gardening and who help the community as well as having social functions and outings.

Meet on the 1st Tuesday of the month at 10.30am.

Wendy 0419 107827 or

Dianne 0409 135 367

Monbulk Lady Night Hawks

Monbulk Early Learning Centre - HUB
opposite Aldi

Meet on the 1st Monday of each Month at 7pm.

sandrasax@outlook.com

Mooroolbark CWA

St Margaret's Uniting Church Hall, 219
Hull Rd, Mooroolbark

Meet on the 2nd Monday of the month at 1pm.

Branch Craft is held on the 3rd
Wednesday of the month at 9.30am.

Helen 9726 0477

Yarra Valley CWA Craft Group

Wandin CWA,

48 Hunter Road, Wandin North

Meets on the 2nd Tuesday of each month
10am - 1pm.

New Members and Visitors are all
welcome - bring along your threads,
yarns, mending or just come for a
friendly chat over a cup of tea/coffee.

**cwaofvicyarravalleygroup@gmail.
com**

Healesville Nite Chicks

Healesville High School, Year 12 Centre,
Cameron Road, Healesville

Meet on the 1st Wednesday of each
Month at 7pm.

joanne.legg@gmail.com

Wannallock

CWA Wandin Hall,

48 Hunter Road, Wandin

Meet on the 4th Tuesday of each month
at 7.30pm.

bazz14@live.com



Rotary

Australian Rotary Clubs are part of an international network of business, professional and community leaders who strive to make the world a better place through practical efforts. Through Rotary International, the reward of “paying it forward” unites men and women from different backgrounds, cultures, religious and political beliefs the world over, allowing ordinary people to do extraordinary things.

Belgrave Rotary

Meets on Wednesdays at 6.30pm at
Upwey RSL,
1 Mast Gully Rd, Upwey

belgraverotary.com

0437 889 400

Healesville Rotary

Meets on Thursdays at 6.30pm at
Sanctuary House Resort Motel,
Badger Creek Road, Healesville

rotaryhealesville.org

5962 5148

Lilydale Rotary

Meets on Tuesdays at 6.15pm at
L'Auberge French Café,
42 Castella St, Lilydale

rotarylilydale.org.au

0419 894 284

Monbulk Rotary

Meets on Wednesdays at 6.15pm at
Monbulk Living & Learning Centre,
Main Road, Monbulk

0417 389 742

Wandin Rotary

Meets on Thursdays at 6pm at Monty's
Tearooms, Mont De Lancey,
71 Wellington Road, Wandin North

0407 819 562

Returned & Service League – RSL

RSL aims to support the wellbeing and betterment of members, former and serving members of the ADF, and their dependents, with the provision of welfare and commemorative services and, where appropriate, contribute to the worthy needs within the community. rslvic.com.au

Cockatoo RSL

20 Belgrave-Gembrook Road, Cockatoo
5698 8053

Dandenong Ranges RSL

1773 Mountain Hwy, Sassafras
0409 690 278

Emerald RSL

3 Memorial Ave, Emerald

Gembrook RSL

49 Main Road, Gembrook
5967 7071

Healesville RSL

275-279 Maroondah Highway,
Healesville
5962 5017

Lilydale RSL

52 Anderson St, Lilydale
9739 5680

Monbulk RSL

48 Main Rd, Monbulk
9752 1100

Mt Evelyn RSL

49 Birmingham Rd, Mt Evelyn
9737 0767

Upper Yarra RSL

119 Settlement Road, Yarra Junction
5967 1771

Upwey RSL

1-3 Mast Gully Rd, Upwey

Warburton

3325 Warburton Highway, Warburton
5966 9874

Yarra Glen RSL

Memorial Hall, 45 Bell St (cnr Anzac Ave)
0418 992 998



Gardening Groups

Ferny Creek Horticultural Society

Ferny Creek Ornamental Garden Reserve
100 Hilton Rd, Sassafras

Join us to promote and encourage the study, practice and development of horticulture, bringing together members of the community with a common interest in horticulture.

9755 1882 or 0422 231 924

fchs.org.au

Lilydale Community Gardens group

We are a friendly, safe, inclusive and multi-cultural village group in the planning stages for a Community Garden. Every age and ability is welcomed and valued.

lilydalecommunitygardens@gmail.com

Wandin Garden Club Inc

Wandin CWA,
48 Hunter Road, Wandin North

Marg 0407 856 821

Facebook: [wandin garden club inc](#)

Yarra Valley Bonsai Society

Chirnside Park Community Hub –
33 Kimberley Drive Chirnside Park
Second Tuesday of the month at 7.30pm

yarravalleybonsai.org.au

Yarra Valley Orchid Society

Community Hall – Woori Yallock Primary School
Healesville Road, Woori Yallock
Second Friday of the month at 8.00pm

Peter 0408 525 134

Women's Groups

Women's groups are a great place to meet new people, build friendship and have fun in a safe and comfortable environment surrounded by supportive and like-minded women.

See also CWA, Probus and Neighbourhood Houses.

Voices of Women Inc

Voices of Women (VoW) is an advocacy group which provides support for women to achieve their goals, advocating on women's issues at government and community level and offering mentoring and training.

Local Democracy in Action – the Journey Begins.

Training and workshops for women interested in being involved in local government.

Taking It Step By Step

A mentoring program where women are paired with mentors to achieve their goals.

voicesofwomen.org.au

0417 124 814

Nurturing Sisters Circle

Fostering connection for women

This is a low cost, monthly women's support group being held in 2 locations - Woori Yallock and Mooroolbark.

The group offers the opportunity to experience a community of women's wisdom, fun, creativity and time for ourselves. It offers a safe space for women to express and grow, Qigong, Meditation, Creative activities & more...

Tania on 0413 026 817 (Woori)

Leah on 0407 879 138 (Mooroolbark)



Men's Groups

A group of men that gather together with the intention of supporting and challenging each other to be the most vital, expressed, and powerful versions of themselves they can be.

See also Men's Sheds, Probus and Neighbourhood Houses.

Healesville Indigenous Community Services Association (HICSA)

An informal group for indigenous men to gather is a safe and social environment for a yarn and to be heard.

Thursdays 5pm to 7pm

5962 2940

hicsa.org.au/mens-business/

Yarra Ranges Men's Health Project

This broad community health promotion project exists to help men and communities to help themselves to become the best they can be. Supported by Yarra Ranges Council, it operates on a volunteer basis. The program investigates community needs and provides:

- New local programs
- Whole-of-community programs
- Parenting programs
- Trains men to facilitate their own local programs

Chronic ill-health conditions and male suicide prevention will be a new focus in 2020. This program partners with more than 40 other organisations. New volunteers are warmly welcomed.

If you or your community want help to explore a Men's Health Project please contact Brian, Yarra Ranges Men's Health Project Manager yrmh@yrmh.org 0418 326 670

OM:NI – Older Men, New Ideas

Men's social discussion groups for men aged 50 and over to meet each other in an informal, friendly environment to share their knowledge and experiences.

- Lilydale Group – First Thursday of the month
- Yarra Glen Group – Third Monday of the month
- New OM:NI Groups are being planned in 2020 for Kilsyth, Chirnside Park, Wandin and Yarra Junction.

Lilydale Meandering Mates

A monthly slow walking and social group for men with limited walking mobility who want to keep walking. We walk, enjoy morning tea and then walk a circuit in Lilydale for around 45 minutes. Walk at your own pace with sticks or a walker if needed, plus a Mate. It is held on the third Thursday morning of each month.

Falcons Film Group, Lilydale

Enjoy a great feature film plus some historic shorts in Lilydale. Any man who enjoys movies is welcome and movie choices are selected by the group members. Genres include Westerns, Drama, Comedy, Aussie, Historical, Adventure and more.

Man Cave East

Men – do you have a chronic ill-health condition which limits your ability to get around and enjoy social events? Do you want to meet for a chat with other men who share your condition?

Man Cave East consists of friendly and welcoming support groups led by peers and/or professional health staff for heart conditions, cancers, diabetes, physical disability, long term accident off-work, mental health, and other conditions.

Men of any age are welcome, and will gain information and companionship by being able to talk in a male supportive environment. Locations will be established according to need.

For any of the above Men's Health Projects please contact Brian - Yarra Ranges Men's Health Project, yrmh@yrmh.org 0418 326 670



Men's Sheds

Men's sheds offer the opportunity to share common interests often involving activities around built, arts, crafts and technical skills – the kind of things done in the backyard shed. Rather than work on those interests alone, a community shed introduces a social interaction among the participants that is an important part of well-being. Contact your local shed to find out what they do.

Badger Creek and District Men's Shed Inc

360 Badger Creek Rd, Badger Creek
John 0403 300 048

Belgrave Mens Shed Inc

2/1A Reserve Road, Belgrave
John 9752 1359 / 0415 166 747

Boorndawan Men's Shed

289 Swansea Road, Lilydale
Kymbal 9212 0200 / 0427 388 928
Aboriginal Men and Aboriginal Fathers and Sons.

Monbulk District Men's Shed Inc

1a Moxhams Rd, Monbulk
Malcolm 0414 920 444

Mooroolbark Mens Shed Inc

91 Swansea Road, Montrose
John 0419 366 939

Montrose & District Men's Shed

2/1B Leith Road, Montrose
Lee 9728 4605

Morrison's Men's Shed

20 Old Hereford Road, Mt Evelyn
Gary 0424 065 380

Yarra Junction Bens Shed Inc

2427 Warburton Highway, Yarra Junction
Bob 5967 1942

Yarra Glen & District Men's Shed

16 Anzac Ave, Yarra Glen
9730 2864

Other

National Seniors

Lilydale Seniors Citizens,
7 Hardy Street, Lilydale
Meet on the second Monday at 7pm.

Lyn 0459 155 572 or Chris 0419 528 446

Mt Evelyn Village Craft Inc.

Mount Evelyn Public Hall,
44 Birmingham Road, Mt Evelyn
Meet on Wednesdays from 10am to 12pm.

Janna on 0418 340 931

Upwey Bridge Club

Upwey Tecoma Bowling Club,
21-41 Alexander Ave, Upwey
All are welcome to this very friendly
Bridge club and beginner's lessons are
available.

Tuesdays 10am-1pm and Wednesdays
7pm-10pm.

9754 8889 or 9752 5752

vba.asn.au/clubs/upwey-bridge-club

Melbourne Radio Control Circuit Racers

Hardy Street Lilydale
mrccr.com.au

Yarra Valley Fly Fishers Inc

Lillydale Lake Community Room,
Swansea Road, Lilydale

General Meetings second Thursday of
the month at 8pm.

9739 5728 or yvff.com.au

Novices welcomed, equipment provided
for beginners



Historical Societies, Museums & Historic Sites.

Lilydale & District Historical Society

Old Lilydale Court House,
61 Castella Street Lilydale.

Sue 0475 219 884

lilydalehistorical.com.au

Meet at 1pm on the 1st Saturday of each month.

Mont De Lancey Historic Homestead

71 Wellington Rd, Wandin North

An historic homestead from the 1880s with beautiful gardens and tearooms.

5964 2088

montdelancey.org.au

Seniors entry for \$8 and Carers are free.

Mt Dandenong & District Historical Society Inc.

Farndons Community Hall,
Cnr Falls Rd & Farndons Rd, Mt Dandenong

Meet on the 1st Saturday of each month at 10am.

9728 1437

victoriancollections.net.au/organisations/mt-dandenong

We encourage and facilitate the collection, research, documentation and dissemination of images, written and oral records and objects representing the history of Mt Dandenong and the surrounding districts.

Mount Evelyn History Group Inc

Hardy House, RSL Hall,
49 Birmingham Road Mt Evelyn.

9736 2935

Speakers, walks, car tours, participation in events and visits to local sites.



Upper Yarra Arts Museum

Old Yarra Junction station,
Warburton Hwy, Yarra Junction

5967 2167 or 0427 707 730

upperryarramuseum.org.au

Volunteer run community museum.
Discover the Upper Yarra Valley's history
through exhibitions and collections. Call
or check website for opening times.

Upwey/Belgrave RSL, Running Rabbits Military Museum

1 Mast Gully Rd, Upwey

9754 3665

Offer interesting and informative
overview of Military History for the
Dandenong Ranges.



Music, Singing & Dancing

Dandenong Ranges Music Council - New Horizons Concert Band

The New Horizons Concert Band is for Adult Beginners. It doesn't matter how old you are, you can learn to play an instrument and have fun at the same time. Whether you have played a bit in the past, or simply never had the chance, this could be the start of a new experience of music.

The DRMC also offers Ensembles, Orchestras and Big Bands catering for all ages and all abilities.

drmc.org.au

9754 6566 or 0400 995 493

Yarra Valley Singers

Yarra Valley choir is about having fun, sharing our love and knowledge of music and being challenged to develop our voices and skills so that we can give a number of excellent performances each year. There are no auditions at and if you can hold a tune, follow musical direction and enjoy participating in singing a variety of musical styles then you are welcome to join whether you can read music or not. Term Fees apply.

Del 0418 179 921

yarravalleysingers.com



Sweet Sassafras Community Choir

We are a friendly group of people who share the pleasure of singing together in an inclusive and encouraging setting. We have near equal numbers of female and male singers, giving us a great range from bass to soprano. You don't have to audition or need prior singing experience to join us. Come along and try it for yourself.

Peter 0488 433 999

sweetsassafras.net.au

Sing Australia Tecoma choir

We are a very friendly group of older adults there are no auditions and just a love of singing is all you need. We sing all genres of music including musicals and popular.

Carole 0417 016 086

Kilsyth Scottish Country Dancing Group

Come and try traditional Scottish country dancing. All ages & abilities are welcome and no partner is needed.

Joy 9725 9074

Living at Home



My Aged Care

My Aged Care is the starting point to access Australian Government-funded aged care services. The phone line and website can help older Australians, their families and carers to get the help and support they need.

If you need some help around the house or think it may be time to look into aged care homes, My Aged Care can help.

My Aged Care provides:

- Information on the different types of aged care services available.
- An assessment of needs to identify eligibility and the right type of care.
- Referrals and support to find service providers that can meet your needs.
- Information on what you might need to pay towards the cost of your care.

Step 1: Learn about the different types of care.

Step 2: Get assessed.

Step 3: Find a provider.

Step 4: Manage your services.

You can visit myagedcare.gov.au or call the My Aged Care contact centre on 1800 200 422.

Monday to Friday: 8am - 8pm

Saturdays: 10am - 2pm

Closed on Sundays and national public holidays

Supported Groups

Note: These programs may have funding criteria to attend. Contact the group for further details.

Caladenia Dementia Care

Caladenia provides respectful care and support for people living with dementia and their carers. This Day Centre runs five days per week with a variety of dementia-specific respite and recreational programs designed to meet the needs of people living with varying degrees of dementia.

11 Hilledge Lane, Mooroolbark

9727 2222

caladenia.com.au

Melba Program by Uniting Wesley

The Melba Club help to reduce isolation among older people in our community, through social connections and group activities.

208 Maroondah HWY, Healesville

0437 563 890

vt.uniting.org

Bridges Connecting Communities

Bridges run transport in the South West Yarra Ranges covering Belgrave/Upwey and the Dandenong Ranges including a Community Shopping Bus (Thursdays), Pet Companion Program, Friendly visiting and Phone a Friend program.

9763 9700

bridgescc.com.au



Transport

The ability to get around, whether it is by public or private means, can impact on your ability to engage with the community, access services and maintain social connections.

Transport is vital to retaining your independence, quality of life and can be a significant issue if you are unable to drive or do not own a vehicle.

Public transport is an easy and affordable way to get around; however, there are other options available if this does not suit you.

Victorian Seniors Card

Victorian Seniors Card holders are entitled to a range of benefits on public transport services in Victoria.

Holders are provided a free Seniors Myki which gives you:

- A 50% discount on trains, trams and buses, including V/Line trains and coaches.
- Free weekend travel in any two consecutive zones and on regional town buses.
- Free 8 days of travel during the annual Victorian Seniors Festival.
- Access to free travel vouchers.

For further information about seniors public transport visit ptv.vic.gov.au.

Yarra Ranges Council Community Buses

Community buses are provided by Yarra Ranges Council. It is available for shopping trips, outings, transport to seniors clubs and medical appointments. You can be picked up and returned to your home.

The service operates in different areas across the Yarra Ranges from Monday to Friday.

To be eligible for the community bus you must meet the Commonwealth Home Support eligibility criteria or are in receipt of an Aged Care Package.

For more information please contact the Coordinator Service & Quality Community Support Officer on 1300 368 333.



Disabled Parking Permits

Disabled parking permits are available free of charge for individuals and organisations.

Applicants are required to complete an application form in conjunction with a statement completed by a medical practitioner or a clinical psychologist.

Application forms are available from Council's website yarranges.vic.gov.au or by contacting 1300 368 333.

Useful Contacts



Council on the Ageing (COTA) Victoria

Recognised as ‘the voice for older Victorians’ COTA is the leading advocator, educator and source of trusted information for seniors.

cotavic.org.au or 9655 2100

Office of the Public Advocate

To promote the rights, interests and dignity of people with disability (Intellectual impairment, mental illness, brain injury, physical disability or dementia) living in Victoria.

**publicadvocate.vic.gov.au or
1300 309 337**

Community Safety Register

A regular volunteer telephone calling service supported by Victoria Police for senior residents living alone in Yarra Ranges.

9739 2396

Senior’s Rights Victoria

SRV is a free service that has been established to help prevent elder abuse and safeguard the rights, dignity and independence of older Victorians.

The service provides:

- Telephone information and referral
- Advocacy and support
- Legal services and
- Community education

**If you are concerned about abuse or neglect that is affecting you or someone you know, please contact
Seniors Rights Victoria**

1300 36 88 21

seniorsrights.org.au

Seniors Information Victoria

Seniors Information Victoria offers free information through monthly 'need to know' sessions and on its website on a wide range of issues of interest to older Victorians including:

- Housing options
- Home-based and community services
- Financial information
- Health and wellbeing
- Retirement and
- New learning opportunities

**cotavic.org.au/information or
1300 135 090**

Victorian Seniors Card

If you are aged over 60 and working less than 35 hours per week in paid employment or fully retired, and a permanent resident of Australia, residing in Victoria you can apply for a Seniors Card free of charge. Seniors working more than 35 hours per week can apply for the Seniors Business Discount Card also free of charge.

Seniors Card and Seniors Business Discount Card holders can take advantage of discounts on goods and services from more than 4,000 Seniors Card businesses.

**seniorsonline.vic.gov.au or
1300 797 210**



For more information, please visit a Community Link at Lilydale, Healesville, Yarra Junction, Monbulk or Upwey.

1300 368 333

yarraranges.vic.gov.au

National Relay Service 133 677

Speech to Speech relay 1300 555 727

Translating and interpreting service: 131 450

TTY: 9658 9461

mail@yarraranges.vic.gov.au

For any suggestions for future editions of this booklet please contact the Age Friendly Communities Officer via **seniors@yarraranges.vic.gov.au** or **1300 368 333**