



Merri-bek
City Council



Merri-bek Seniors Festival 2026

Connect. Create. Celebrate

Victorian
Seniors
Festival
2026

**CONNECT
CREATE
CELEBRATE**





For support, contact us:

Website: merri-bek.vic.gov.au/seniors-festival-2026

Email: seniorsfestival@merri-bek.vic.gov.au

Phone: 9240 2414

You can request a free interpreter.

Accessible to everyone

We are committed to ensuring our communications are accessible to everyone in our community. If you need this booklet in an alternative format, please contact us at:

 communications@merri-bek.vic.gov.au  9240 1111

Acknowledgement of Country

Merri-bek City Council acknowledges the Wurundjeri Woi-wurrung people as the Traditional Custodians of the lands and waterways in the area now known as Merri-bek. We pay respect to their Elders past, present, and emerging, as well as to all First Nations communities who significantly contribute to the life of the area.



Welcome to the Merri-bek Seniors Festival 2026!

October is a special time to celebrate older people and their stories, experiences, and connections that make our community so vibrant.

In Merri-bek, we have over 30,000 older residents who make an enormous contribution to our community, bringing wisdom, creativity, experience, and energy.

This festival is an opportunity to celebrate you, connect with others, and enjoy all that our community has to offer.

We've put together a diverse program of free and low-cost events and activities, with opportunities to discover something new, stay active, get creative, meet new people, and, most importantly, have fun.

We encourage you to explore the program and come along to something that sparks your interest, either on your own or with a friend.

Thank you for all that you contribute to our community. We look forward to celebrating with you throughout the festival.

Connect. Create. Celebrate

We want everyone to be able to join in.
If you need help booking, need information in your language, or
need transport advice, please reach out.
We are here to help you connect, create, and celebrate!

To find out more, please call **9240 2414**,
visit **merri-bek.vic.gov.au/seniors-festival-2026** or scan the QR
code.

You can also find the Festival information is available in Greek,
Italian, Turkish, Nepali, Simplified Chinese, Arabic, Urdu, and
Hindi on our website.

SCAN HERE



Event Categories

Look for these simple icons next to each event to find
what interests you most:



Music & Celebration: Live music, launches, and social gatherings.



Learning & Wellbeing: Information sessions, gentle exercise, and
practical life skills.



Craft & Connection: Art, First Nations culture, mending, and
community connection.



Partner Events and Collaborations.

Seniors Festival Calendar

Connect. Create. Celebrate

OCTOBER 2026

01 Thursday BOLDER Launch		05 Monday Pride Across the North		06 Tuesday Pillars of Healthy Ageing Gardening Darning workshop	 
07 Wednesday Age Well Information		09 Friday Public Transport Safety		14 Wednesday Elvis Tribute Concert	
15 Thursday Walking Football		19 Monday Public Transport Safety		20 Tuesday Money Milestones	
22 Thursday Age Well Information		23 Friday Native Bush Medicine		26 Monday Age Well Information	

Note: Additional partner events are included in this booklet.
Please see page 18-21 for other partner events.



Discover Merri-bek's Aged and Community Support services for older people

Merri-bek City Council has a range of support services and programs available to help you stay connected, active and independent at home and in the community.

Information and navigation

- Age Well service: guidance and practical support to explore services, programs and help you age well.
- Care Finder: more intensive support to help with navigating the aged care system and other community supports.
- Access and Support: help connecting to services and supports, attending appointments and support with organising and decluttering.

Community support services

- Home and community care program for younger people (HACC PYP) to manage illness, disability or a temporary difficulty.
- Support for Carers Program.

Social connection

- Social support groups: outings, activities and regular bus trips.
- Seniors groups: independent clubs and groups across Merri-bek.

Help in the garden

- A one-off service worth up to \$1,000 per household for weeding, pruning, planting or tree removal.

In home support services

- Domestic assistance
- Personal care
- Delivered meals
- Assisted shopping and activities
- Respite (short-term care to support both the person and caregiver)
- Home maintenance
- Community transport (accessible rides to appointments and shops)

Contact us:



merri-bek.vic.gov.au/olderpeople



homecare@merri-bek.vic.gov.au



9240 2302



BOLDER Campaign Launch



Merri-bek says no to ageism.

Join us to kick off Seniors Festival 2026 on 1 October, International Day of Older Persons. We are proudly launching Stage 2 of our Bolder Ageism Awareness photography and storytelling campaign.

Come and view our beautiful new exhibition showcasing the stories and photos of 12 inspiring older residents. Have fun in our selfie corner, meet new people, hear directly from the participants and celebrate living BOLDER at any age. Everyone is welcome!



10 am – 12 pm, Thursday 1 October



Coburg Town Hall, 90 Bell Street, Coburg



Free



Visit our website or scan the QR code to book
www.merri-bek.vic.gov.au/bolder-launch2026



9240 2414



seniorsfestival@merri-bek.vic.gov.au





Elvis Tribute Concert



Put on your dancing shoes and get ready to rock!

Join us for a fantastic live Elvis tribute performance.

Tap your feet, share a laugh, and enjoy great company with friends old and new.

You don't have to be a big Elvis fan to have a wonderful time. It's the perfect fun day out, and we can't wait to celebrate with you.



10 am - 12 pm, Wednesday 14 October



Coburg Town Hall, 90 Bell Street, Coburg



Free



Visit our website or scan the QR code to book

www.merri-bek.vic.gov.au/elvis-concert



9240 2414



seniorsfestival@merri-bek.vic.gov.au





The Pillars of Healthy Ageing



Healthy ageing starts here!

Want to feel your best as you get older?

Join us for an inspiring and practical session with Sara Murdock, Australia's 2025 Pharmacist of the Year.

Sara's friendly "Beyond the Pharmacy" approach will give you the knowledge, support, and confidence to make healthy choices every day. Discover the simple, key steps you can take to stay active, independent, and thriving.

Come along to learn, connect with new friends, and leave feeling motivated.



10:00 am - 11:30 am, Tuesday 6 October



Coburg Town Hall, 90 Bell Street, Coburg



Free



Visit our website or scan the QR code to book

www.merri-bek.vic.gov.au/pillars-of-healthy-ageing



9240 2414



seniorsfestival@merri-bek.vic.gov.au





Age Well Information Sessions



Planning for your future: Information to help you age well

Join our friendly, relaxed sessions to explore practical ways to stay healthy, active, and connected in your community. First, Council on the Ageing (COTA) Victoria will share helpful tips and information about getting older.

Next, our Age Well team will explain how My Aged Care works and what local services are available to you.



10 am, Wednesday 7 October (Glenroy Community Hub)

10 am, Thursday 22 October (Brunswick Town Hall Atrium)

10 am, Monday 26 October (Fawkner Library)



Free



Visit our website or scan the QR code to book

www.merri-bek.vic.gov.au/age-well-sessions



9240 2414



seniorsfestival@merri-bek.vic.gov.au





Public Transport Safety Sessions & Guided Train Trip



Would you like to feel more confident catching the train?

Come along to one of our safety sessions and travel together as a group with Victoria Police and Protective Services Officers. We'll meet at the station, share safety tips, and then hop on a train together for a short, guided round trip from Coburg to Brunswick, or from Glenroy to Broadmeadows.

Seniors Card holders **travel free on public transport from 3 to 11 October**. Remember to bring your Victoria Seniors Card.



Session 1: 10:00 am – 11:30 am, Friday 9 October

(meet at Coburg Station, next to the Customer Service Window)



Session 2: 10:00 am – 11:30 am, Monday 19 October

(Bring your Myki card and meet at Glenroy Station, next to the Customer Service Window)



Free



Visit our website or scan the QR code to book

www.merri-bek.vic.gov.au/public-transport-safety



9240 2414



seniorsfestival@merri-bek.vic.gov.au





Active Ageing Gardening Presentation



Keep your garden thriving. Discover clever tips to make gardening fun and easy.

The friendly team from Blue Bee Garden Design will share simple, clever ideas to keep gardening fun and easy, such as low-maintenance plants, easy-grip tools, and smart ways to plan your garden so it does the hard work for you.

You will leave with fresh ideas and new confidence to keep doing what you love, for years to come.



6:30 pm – 7:30 pm, Tuesday 6 October



Coburg Library, Victoria St & Louisa St, Coburg



Free



No booking is needed; just walk in and join us



9240 2414



seniorsfestival@merri-bek.vic.gov.au



Come and Try Walking Football (Soccer)



Fancy a kick-about with no running, no pressure, and lots of laughs?

Walking football is a gentle, fun version of soccer that's perfect for staying active at your own pace.

It doesn't matter if you've never played before or haven't played in years; everyone is welcome.

After the game, stay for a free morning tea and a chat with your new teammates.



9:30 am, Thursday 15 October



Brunswick Stadium, 6 Gardiner Street, Brunswick



Free



No booking required



For more information, call Walter on 0411 118 144.



Money Milestones



Managing your finances can feel confusing, but you don't have to figure it out alone.

Money Milestones is a free workshop for women and gender-diverse people aged 50 and over.

Learn simple, practical ways to feel more confident and in charge of your money, whatever your situation. You'll pick up handy tips you can use straight away, with plenty of time for questions.

Book your free spot today!



10:30 am, Tuesday 20 October



Glenroy Library, 50 Wheatsheaf Rd, Glenroy



Free



Visit our website or scan the QR code to book

merri-bek.vic.gov.au/money-milestones-workshop



9240 2414



seniorsfestival@merri-bek.vic.gov.au





Group Fitness (Exercise Class)



Want to feel stronger, steadier, and full of energy?

These weekly group fitness classes are the perfect place to start. Enjoy a lively mix of easy aerobic moves, seated and standing exercises, fun Bollywood dance steps, stretching, and gentle strength training.

Every move can be adjusted to suit you, so all ages and fitness levels are welcome.

It is a warm, friendly class where everyone cheers each other on.

-  9:15am – 10:15am, Wednesdays and Fridays
-  Glenroy Neighbourhood House, 5B Cromwell St, Glenroy
-  \$8 per class with a concession card
-  Visit our website or scan the QR code to book
www.merri-bek.vic.gov.au/group-fitness-class
-  Call (03) 9304 3910
or pop in 15 minutes before class.





Basic Mending: Darning Workshop



Got a favourite jumper with a hole? Don't throw it away, mend it!

Join sustainability educator Anna The Urban Nanna for a hands-on workshop.

Learn the satisfying skill of darning to repair holes in your favourite fabrics.

It's a wonderful way to reduce waste, save money, and learn a handy new skill in friendly company.

No sewing experience is needed!

 1:00 pm – 3:00 pm, Tuesday 6 October

 Glenroy Hub, 50 Wheatsheaf Rd, Glenroy 

 Free

 Visit our website or scan the QR code to book

www.merri-bek.vic.gov.au/basic-mending-workshop

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Native Bush Medicine & Smudge Stick Workshop



Spend a special morning learning with First Nations knowledge keepers from Wild Blak Arts.

Discover the amazing healing plants that have cared for people and Country for thousands of years, and make your very own healing balm and native smudge stick to take home.

You will also enjoy delicious First Nations catering from Jarrah Catering while you chat and connect with your community.

This is a rare chance to learn, create and celebrate the world's oldest living culture in a warm and welcoming space.

 **11 am - 1 pm. Friday 23 October**

 **Balam Balam Place, 15 Phoenix St, Brunswick** 

 **Free**

 **Visit our website or scan the QR code to book**
merri-bek.vic.gov.au/native-bush-medicine-workshop

 **9240 2414**

 **seniorsfestival@merri-bek.vic.gov.au**





Pride Across the North



Step out and celebrate with us at Pride Across the North!

This is a welcoming day out for older LGBTIQ+ community members across Melbourne's north.

Together, we'll visit the Victorian Pride Centre in St Kilda for a guided tour full of history, stories, and pride.

You'll get to connect with peers, make new friends, and enjoy a lovely light lunch together.

This will be a small-group event, designed as a safe space to connect with others and discover the history and stories at the Pride Centre.



11:30 am -12:30 pm, Monday 5 October



Victorian Pride Centre, 79-81 Fitzroy St, St Kilda



Free (includes a light lunch)



Visit our website or scan the QR code to book

www.merri-bek.vic.gov.au/pride-across-the-north



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Learning and wellbeing



Chess Social Group for Adults



Love a good game of chess, or just want to learn the ropes in a welcoming space?

Join Sussex Neighbourhood House's weekly Chess Social Group for a relaxed morning of games, good conversation, and great company.

Chatty Cafe



Looking for a warm welcome and a friendly chat?

Drop into the Chatty Cafe for a morning of great conversation and social connection over a lovely cuppa.

Whether you want to share a story, meet new people, or simply enjoy the company of others in a safe and welcoming space, there is a seat waiting for you.



10:00 am – 12:00 pm

Mondays



Sussex Neighbourhood House, 7 Prospect St, Pascoe Vale



Free, No booking required. Just drop in



(03) 9354 2210



enquiries@sussexnh.org.au



10:00 am – 12:00 pm

Fridays



Learning and wellbeing



Pascoe Vale Makers, Menders & Basketry Group



Do you like being creative and care about the environment?

Join our weekly club! It's a fun group for people who love making things, fixing old items, and weaving baskets. Share your skills, get advice from experienced makers, and enjoy great company.

Book Club



Love a good read and great conversation?

Join our Book Club to discuss fascinating themes, share ideas, and connect with fellow literary lovers. Merri-bek Libraries provides the books, so all you need to bring is yourself and your thoughts.



10:30am – 1:30pm

Mondays



Sussex Neighbourhood House, 7 Prospect St, Pascoe Vale



Gold coin donation



No booking required. Just drop in.



(03) 9354 2210



enquiries@sussexnh.org.au



1:00 pm – 3:00 pm

Third Monday of each month





Craft Circle



Love to knit, crochet, or quilt?

Join our friendly weekly Craft Circle.

It is a relaxed, welcoming space for all ages and skill levels to connect, create, and share a few laughs.

'Pieceful' Puzzle Club



Calling all puzzle lovers!

Come for the puzzles and stay for the wonderful community. Whether you prefer to unwind with casual puzzling at your own pace, test your skills in a speed run, team up for a giant group puzzle, there is something for everyone. You can even swap your finished puzzles for brand-new challenges.



1:00 pm – 3:00 pm
Mondays



10 am – 1 pm, Saturday 17 October
10 am – 1 pm, Saturday 21 November
10 am – 1 pm, Saturday 19 December



Sussex Neighbourhood House, 7 Prospect St, Pascoe Vale



Gold coin donation



No booking required. Just drop in.



(03) 9354 2210



enquiries@sussexnh.org.au

Free public transport

Saturday 3 - Sunday 11 October 2026



If you have a Victorian Seniors Card, it is a great time to get out and about. From Saturday 3 to Sunday 11 October, you can travel free across metropolitan Melbourne and regional Victoria for nine days straight.

Just make sure you carry your Seniors Card with you whenever you travel.

For details on how travel works during this period, scan the QR code or visit www.transport.vic.gov.au/seniorsfestival



Contact us:

 9240 2414

 seniorsfestival@merri-bek.vic.gov.au

 merri-bek.vic.gov.au/seniors-festival-2026
or scan the QR code.



Disclaimer:

The information and events in this guide were accurate at the time of printing, but things can change. Merri-bek City Council takes no responsibility for any updates or changes that happen after this guide goes to print.

If this guide includes links to other websites, please note that we are not responsible for the content on those sites.



Merri-bek
City Council

Coburg Civic Centre

90 Bell St, Coburg VIC 3058

Brunswick Customer Service Centre

233 Sydney Rd, Brunswick VIC 3056

Glenroy Customer Service Centre

Glenroy Community Hub

50 Wheatsheaf Rd, Glenroy VIC 3046

Speak with us in your language



For more information visit merri-bek.vic.gov.au/your-language

Per maggiori informazioni nella tua lingua, chiama il numero **9280 1911**

اپنی زبان میں مزید جاننے کے لیے
9280 1917 پر کال کریں۔

如需了解更多您语言版本的信息, 请致电 **9280 0750**

अपनी भाषा में अधिक जानने के लिए **9280 1918** पर कॉल करें

Για να μάθετε περισσότερα στη γλώσσα σας, καλέστε το **9280 1912**

तपाईंको भाषामा थप जान्नको लागि,
9280 1910 मा कल गर्नुहोस्

Para saber más en tu idioma llama al **9280 1916**

To speak with us in a language not listed here, please call **9280 1919**

لمعرفة المزيد بلغتك، اتصل
9280 1913 بالرقم

Kendi dilinizde daha fazla bilgi edinmek için **9280 1914**'ü arayın

Để tìm hiểu thêm bằng ngôn ngữ của bạn, hãy gọi **9280 1915**