



**Merri-bek**  
City Council



# Merri-bek Seniors Festival 2025

**Connect. Create. Celebrate**

Victorian  
Seniors  
Festival  
2025

**CONNECT  
CREATE  
CELEBRATE**



# **CONNECT. CREATE. CELEBRATE.**

We are excited to celebrate this year's Victorian Seniors Festival theme 'Connect. Create. Celebrate', encouraging all older Victorians to come together, discover new interests and have fun.

This year Merri-bek City Council will host a program of fun, free and low-costs events throughout October.

All events listed in this brochure are free unless otherwise listed.

To find out more, please call 9240 2414, visit [merri-bek.vic.gov.au/seniors-festival-2025](https://merri-bek.vic.gov.au/seniors-festival-2025) or scan the QR code below.



# SPECIAL COUNCIL EVENTS

**Wednesday 1 October**

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## *Twilight Together Celebration*



An event for our diverse older community to come together to celebrate the theme of this year's Seniors Festival.

Come along to share a meal and celebrate culture and traditions through music and dance. Enjoy live multicultural entertainment, and a welcoming and inclusive atmosphere that celebrates diversity and connection.

**Time:** 5pm - 9pm

**Where:** Reggio Calabria Club,  
476 Brunswick Road, Parkville

**Booking required.**

**How to book:**

[merri-bek.vic.gov.au/twilight-together-celebration](https://merri-bek.vic.gov.au/twilight-together-celebration)

**For more information contact:** 9240 2414

# SPECIAL COUNCIL EVENTS

## Wednesday 8 October

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### *Community Connections Expo*



An exhibition for anyone aged over 55 and their families.

With over 20 different stallholders and entertainment, join us to create connections and discover activities in Merri-bek which support healthy ageing.

**Time:** 10am - 2pm

**Where:**

Brunswick Town Hall  
233 Sydney Road Brunswick

**No booking required.**

**For more information:** Call 9240 2414.

### Wednesday 22 October

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#### *Connect and Create at Glenroy Community Hub*

An event to celebrate older people in collaboration with Libraries and Glenroy Hub for residents of the North. Join us for a fantastic range of stallholders, activities and light refreshments:

- Visit the Merri Food Hub and Embrace Cafe
- Take a tour of the Glenroy Community Hub
- Gardening for Active Ageing
- Aunty Jo Bushtucker Talk
- cohealth Free BBQ
- Free trial of all abilities yoga with the YMCA (BYO yoga mat if you have one)
- MakerSpace Open Day
- Craft and knitting exhibition
- Tea, coffee and light refreshments available.

Free coffee for the first sixty people to arrive.

**Time:** 10am - 2pm

**Where:** Glenroy Community Hub  
50 Wheatsheaf Road, Glenroy

**For more information:** Please visit our website  
[merri-bek.vic.gov.au/connect-and-create-at-the-glenroy-hub](http://merri-bek.vic.gov.au/connect-and-create-at-the-glenroy-hub)

Call 9240 2414.

## COMMUNITY EVENTS

### Sunday 5 October

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#### *Pascoe Vale Repair Care*



An event for neighbours to help neighbours fix stuff. Join us for a free morning tea and bring along your items that need fixing by our volunteer repairers.

**Time:** 10am - 1pm

**Where:**

Sussex Neighbourhood House  
7 Prospect Street  
Pascoe Vale

**No booking required.**

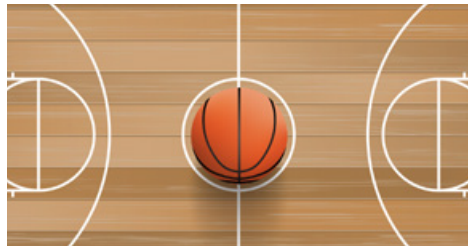
**For more information:**

Call 9354 2210

### Tuesday 7 October

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#### *Walking Basketball*



Walking Basketball is a low impact, social and fun way to improve the levels of physical activity for older Australians. This runs weekly on Tuesdays.

**Time:** 10am - 11.30am

**Where:**

Coburg Basketball Stadium  
25 Outlook Road  
Coburg North

**Booking required.**

**How to book:**

Call 9113 6031 or email  
[contact@coburgbasketball.org.au](mailto:contact@coburgbasketball.org.au)

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- **This is a recurring, weekly event.**

### Tuesday 7 October

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#### Lee's Café



A monthly LGBTQIA+ social event at the Glenroy Library. Join us for inclusive, fun activities and events in a welcoming environment for adults of all ages.

**Time:** 5pm - 8pm

**Where:**

Glenroy Library  
50 Wheatsheaf Road  
Glenroy

**No booking required.**

**For more information:**

Call 9354 2210

#### *Brunswick Baths Tour and Meet and Greet*

A chance for those who haven't visited our aquatic and leisure centres to experience the welcoming environment that is Brunswick Baths Leisure Centre.

Familiarise yourself with the staff, facilities and community.

**Time:** 12pm - 1.30pm

**Where:**

Brunswick Baths  
Leisure Centre  
14 Dawson Street  
Brunswick

**Booking required.**

**How to book:**

[merri-bek.vic.gov.au/seniors-festival-brunswick-baths](https://merri-bek.vic.gov.au/seniors-festival-brunswick-baths)

Call 9381 1840 or email [laura.chase@ymca.org.au](mailto:laura.chase@ymca.org.au)



## COMMUNITY EVENTS

### Wednesday 8 October

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#### *Active Adults Class (Fawkner)*

A class designed to help increase muscle strength, range of movement and activities for daily living. This class is ideal for older adults looking to introduce gentle strength training into their lives and serves as an introductory form to strength exercise.

**Time:** 1pm - 2pm

**Where:**

Fawkner Leisure Centre  
C B Smith Reserve  
79/83 Jukes Road  
Fawkner

**Booking required.**

**How to book:**

[merri-bek.vic.gov.au/seniors-festival-active-adults-class-fawkner](https://merri-bek.vic.gov.au/seniors-festival-active-adults-class-fawkner)

Call 9358 6600 or email [laura.chase@ymca.org.au](mailto:laura.chase@ymca.org.au)

### Thursday 9 October

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#### *Older Adults Adventure Camp*

A fun-filled day at Lake Dewar Discovery Camp filled with exciting activities. You'll have a chance to connect with nature, try something new and meet new friends. If you're aged 60 or over this event is perfect for you.

**Time:** 9am - 4pm

**Where:**

Lake Dewar  
339 Garrards Lane  
Myrniong

**Cost:** \$10 per person

**Booking required.**

**How to book:**

[merri-bek.vic.gov.au/seniors-festival-older-adults-adventure-camp](https://merri-bek.vic.gov.au/seniors-festival-older-adults-adventure-camp)

Call 9354 3504 or email [laura.chase@ymca.org.au](mailto:laura.chase@ymca.org.au)



### Friday 10 October

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#### *Reynard Street Community Garden Working Bee*



Reynard Street Community Garden is a space where you can get your hands dirty! Join us for our working bee to lend a hand and gain new skills and knowledge. Afterwards join us for a community lunch from 12:30pm.

**Time:** 10am - 12pm

**Where:**

Reynard Street  
Neighbourhood House  
104A Reynard Street, Coburg

**Booking required.**

**How to book:**

Call 9386 7128

### Tuesday 14 October

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#### *Active Adults Strength with Lebanese Seniors Group*



A gentle, supportive strength session designed to improve mobility, balance, and overall fitness.

**Time:** 10am - 11am

**Where:**

Coburg Library  
Victoria and Louisa Streets  
Coburg

**Booking required.**

**How to book:**

[merri-bek.vic.gov.au/seniors-festival-active-adults-strength](https://merri-bek.vic.gov.au/seniors-festival-active-adults-strength)

Call 9354 3504 or email  
[laura.chase@ymca.org.au](mailto:laura.chase@ymca.org.au)

## COMMUNITY EVENTS

### Thursday 16 October

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#### *Fawkner Leisure Centre Tour and Meet and Greet with a Beginner Aqua Class*

A chance for those who haven't visited our aquatic and leisure centres to experience the welcoming environment that is the new Fawkner Leisure Centre. Drop in for a cuppa, light refreshments, and a friendly chat with our community.

**Time:** 12pm - 1.30pm

**Where:**

Fawkner Leisure Centre,  
C B Smith Reserve  
79/83 Jukes Road  
Fawkner

**Booking required.**

**How to book:**

[merri-bek.vic.gov.au/seniors-festival-fawkner-leisure-centre-tour](https://merri-bek.vic.gov.au/seniors-festival-fawkner-leisure-centre-tour)

Call 9358 6600 or email [laura.chase@ymca.org.au](mailto:laura.chase@ymca.org.au)

### Friday 17 October

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#### *Morning Tea and Gardening at Newlands Neighbourhood House*

Come and visit the beautiful garden at Newlands Neighbourhood House and join us for a tour and morning tea provided by our own Brewlands Cafe.

**Time:** 10am - 11.30am

**Where:**

Newlands Neighbourhood House  
20 Murray Road  
Coburg

**No booking required.**

**For more information:**

Call 8528 2332 or email [enquiries@necchi.org](mailto:enquiries@necchi.org)

### Wednesday 22 October

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#### *Express Yoga*



A short, calming yoga session designed for older adults, focusing on gentle stretching and relaxation. 2 x 30 minute sessions to choose from.

**Time:**

Session one: 12.30pm – 1:00pm

Session two: 1.30pm – 2:00pm

**Where:**

Glenroy Community Hub

50 Wheatsheaf Road, Glenroy

**Booking required.**

**How to book:**

[merri-bek.vic.gov.au/seniors-festival-express-yoga](https://merri-bek.vic.gov.au/seniors-festival-express-yoga)

Call 9354 3504 or email [laura.chase@ymca.org.au](mailto:laura.chase@ymca.org.au)

## Thursday 23 October

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### *Makers Club Open Day and Morning Tea*

Bring your knitting, crotchet, embroidery, or craft project and enjoy the company of other local makers while you work, chat, learn new things and teach each other.

**Time:** 10.30am - 12:30pm

**Where:**

Fawkner Neighbourhood  
House  
79 Jukes Road  
Fawkner

**No booking required.**

**For more information:**

Call 9359 1824

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- **This is a recurring weekly event, but this Seniors Festival special event includes a morning tea.**

### *Coburg Leisure Centre Meet and Greet*

A chance for those who haven't visited our aquatic and leisure centres to experience the welcoming environment that is Coburg Leisure Centre. Familiarise yourself with the staff, facilities and community.

**Time:** 12pm - 1.30pm

**Where:**

Coburg Leisure Centre  
Bridges Reserve, Coburg

**Booking required.**

**How to book:**

[merri-bek.vic.gov.au/seniors-festival-coburg-leisure-centre-meet-and-greet](https://merri-bek.vic.gov.au/seniors-festival-coburg-leisure-centre-meet-and-greet)

Call 9354 3504 or email [laura.chase@ymca.org.au](mailto:laura.chase@ymca.org.au)

**Tuesday 28 October**

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### *Active Adults Class (Oak Park)*



A class designed to help increase muscle strength, range of movement and activities for daily living. Ideal for older adults looking to introduce gentle strength training into their lives and serves as an introductory form to strength exercise.

**Time:** 12pm - 1pm

**Where:**

Oak Park Sports and  
Aquatic Centre  
563a Pascoe Vale Road  
Pascoe Vale

**Booking required.**

**How to book:**

[merri-bek.vic.gov.au/seniors-festival-active-adults-class-oak-park](https://merri-bek.vic.gov.au/seniors-festival-active-adults-class-oak-park)

Call 8311 4600 or email [laura.chase@ymca.org.au](mailto:laura.chase@ymca.org.au)

### **Wednesday 29 October**

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#### *Walking Group and Morning Tea*



Come for a walk, come for a talk and gain the variety of known benefits of walking in a social setting to improve your overall physical and mental wellbeing. Afterwards join us for a free morning tea.

**Time:** 9.30am - 10.30am

**Where:**

Glenroy Neighbourhood House  
5B Cromwell Street  
Glenroy

**Booking required.**

**How to book:**

Call 9304 3910 or email [admin@gnh.org.au](mailto:admin@gnh.org.au)

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- **This is a recurring weekly event, but this Seniors Festival special event includes a morning tea.**

### Thursday 30 October

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#### *Oak Park Sports and Aquatic Centre Tour and Meet and Greet*



A chance for those who haven't visited our aquatic and leisure centres to experience the welcoming environment that is Oak Park Sports and Aquatic Centre. Familiarise yourself with our staff, the facilities and our community.

**Time:** 12pm - 1.30pm

**Where:**

Oak Park Sports and Aquatic Centre  
563a Pascoe Vale Road  
Pascoe Vale

**Booking required.**

**How to book:**

[merri-bek.vic.gov.au/seniors-festival-oak-park-sports-and-aquatic-centre-tour](https://merri-bek.vic.gov.au/seniors-festival-oak-park-sports-and-aquatic-centre-tour)

Call 8311 4600 or email [laura.chase@ymca.org.au](mailto:laura.chase@ymca.org.au)





## Contact

Merri-bek City Council

Phone:

9240 1111

Email:

agewell@merri-bek.vic.gov.au

### Speak with us in your language

For more information visit [merri-bek.vic.gov.au/your-language](https://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  
پر کال کریں۔ **9280 1917**

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  
بالرقم **9280 1913**

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

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