



# Positive Ageing 2025 Program



City of  
Whittlesea



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### Acknowledgement of Country

We recognise the rich Aboriginal heritage of this country and acknowledge the Wurundjeri Willum Clan and Taungurung People as the Traditional Owners of lands within the City of Whittlesea.

## LEAP Program



The Let Everyone Actively Participate (LEAP) is a Council program which provides enjoyable and affordable events and activities for people aged 50 years and older living in the City of Whittlesea. The program enables you to participate in physical and social activities to improve and maintain health, wellbeing, and social connectivity.

### LEAP Membership:

Membership is free and available to residents over 50 years of age living in the City of Whittlesea. Participation in all LEAP programs and activities requires enrolment as a LEAP Member prior to attending any of the activities.

### LEAP Programs are a wonderful way to:

- Meet new people
- Build new friendships
- Learn new skills
- Remain active and physically fit
- Be socially connected to the local community.



LEAP offers a variety of regular programs, including:

- Sports and recreation
- Exercise classes
- Health and wellbeing educational workshops
- Opportunities to learn new skills.

In addition to this, LEAP members are eligible for a discounted membership to the Thomastown Recreation and Aquatic Centre and the Mill Park Leisure Centre located in the City of Whittlesea.

Becoming a LEAP Member is easy. Simply visit [whittlesea.vic.gov.au/LEAP](http://whittlesea.vic.gov.au/LEAP) or complete online LEAP application form - and return the completed form via email to [ageingwell@whittlesea.vic.gov.au](mailto:ageingwell@whittlesea.vic.gov.au) Alternatively, you can call the Ageing Well team on **9217 2170** and select option 4.



## Social Connection and Center Based Respite



For residents over the age of 65 (50 years or older for Aboriginal or Torres Strait Islander people) who are eligible for services through the Commonwealth Home Support Program (CHSP). A My Aged Care Assessment and referral is required to participate in some programs.

Participants who are assessed as eligible for social support or centre based respite through My Aged Care and live in the Northern Metropolitan Region (City of Whittlesea, City of Yarra, City of Hume, City of Darebin, City of Banyule, City of Merri-bek, City of Nillumbik) are eligible to attend the programs but will need to organise their own transport to the activity.



## Our Programs

The City of Whittlesea offer an exciting range of programs to help keep you active, healthy, and independent for longer.

We have a range of different exercise programs run by professionally trained staff and volunteers. We also have a range of active activities that all LEAP members and Social Support referred members can participate in. Refer to our weekly and monthly timetable.






# Monthly Timetable



All LEAP programs recommence from February and social support programs recommence from Monday 13 January

## February




**Wednesday 19 February**   
**Lunch in a Bunch**

**3rd Wednesdays of the month**

-  Various locations
-  12pm-2.30pm
-  CHSP \$9

**Tuesday 25 February**    
**Morning Melodies with Evergreens and popular songs with singer and guitarist John Bevilacqua (Los Amigos Band)**

Join us for a fun filled morning of music entertainment. Morning melodies is a fantastic way to share some of your favourite songs with others and to stay connected to those around you in your community.




-  Kirrip Community Centre, 135 De Rossi Boulevard, Wollert
-  10am-12pm
-  CHSP \$6 LEAP \$12






## March

**Monday 17 March**  
**Information Session**




Join us for a coffee and chat about our LEAP and Social support programs. Anyone over 50 years old and living in the City of Whittlesea.

-  Barry Road Community Activity Centre, 36 Barry Road, Thomastown
-  2pm-4pm
-  Free

**Wednesday 19 March**   
**Lunch in a Bunch**  
*For details see February on page 6*

**Tuesday 25 March**    
**Morning Melodies with Belly dance performance with Rachele Moro**



Join us for an interactive, lively Belly dance with Rachele the belly dancer.

-  Kirrip Community Centre, 135 de Rossi Boulevard, Wollert
-  10am-12pm
-  CHSP \$6 LEAP \$12

## April

**Thursday 3 April**  
**Senior Clubs Liaison meeting**

Meeting for all senior Citizen clubs registered with City of Whittlesea ONLY


-  City of Whittlesea, Civic Centre, 25 Ferres Boulevard, South Morang
-  10am-12pm

**Thursday 10 April**    
**Morning Melodies with Terry Cole**

Enjoy a fun filled morning with wonderful music and dance with Terry Cole. This performer is well-known for his work both as a multi-instrumentalist singer/musician and as a multidimensional circus performer. Morning melodies is a fantastic way to share some of your favourite songs with others and to stay connected to those around you in your community.

-  Mernda Social Support Centre, 70 Mernda Village Drive, Mernda
-  10am-12pm
-  CHSP \$6 LEAP \$12






**Wednesday 16 April**   
**Lunch in a Bunch**  
*For details see February on page 6*



**Tuesday 29 April**    
**Morning Melodies with Victoria Mantynen, a tribute to Vera Lynn**

Join us for the amazing Sincerely Yours show, a tribute to Dame Vera Lynn by the amazing Victoria Mantynen.

-  Kirrip Community Centre, 135 de Rossi Boulevard, Wollert
-  10am-12pm
-  CHSP \$6 LEAP \$12

## May

### Friday 2 May

#### Know your city bus tour

Our bus tours are designed to provide people aged over 50 with an opportunity to explore the offerings available within the City of Whittlesea. During the tour, you will be shown where to find programs, activities and a range of services. Whether you are a lifelong resident of the City of Whittlesea or have just moved to the area, our tour offers you a chance to discover hidden gems like walking trails, historical sites and more, fostering a stronger sense of community and shared knowledge.

💰 \$10

### Wednesday 21 May

#### Lunch in a Bunch

For details see February on page 6



### Tuesday 27 May

#### Morning Melodies with Burra Square Dance



Burra Square Dance with caller Neil Wynn. Enjoy Burra Square dance performance and join in the Square dancing which is a low impact great aerobic exercise and lots of fun.

📍 Kirrip Community Centre, 135 de Rossi Boulevard, Wollert

🕒 10am-12pm

💰 CHSP \$6 LEAP \$12



## June

### Thursday 12 June Morning Melodies with Maria Pellicano



Fun filled morning of music, singalong, and dance with singer and guitarist John Bevilacqua from Los Amigos Dance Band.

📍 Mernda Social Support Centre, 70 Mernda Village Drive, Mernda

🕒 10am-12pm

💰 CHSP \$6  
LEAP \$12



### Monday 16 June Information session

Join us for a coffee and chat about our LEAP and Social support programs. Anyone over 50 years old and living in the City of Whittlesea.

📍 Mernda Social Support Centre, 70 Mernda Village Drive, Mernda

🕒 2pm-4pm

💰 Free

### Wednesday 18 June Lunch in a Bunch



For details see February on page 6

### Thursday 12 June Planning Ahead – Money, Ageing & Family Information session in recognition of World Elder Abuse Awareness day (WEAAD) – presented by Senior Rights Victoria

Life presents many different circumstances. As people age it's important to ensure that they have planned for the future. This session presents information in a simple and interactive way. Booklets will be available at the session as well as other printed resources.

📍 City of Whittlesea Civic Centre  
25 Ferres boulevard,  
South Morang

🕒 10am-12pm

💰 Free

### Tuesday 24 June Morning Melodies Brian Espiner



Brian's warm vocal style has been likened to Michael Buble and has developed over the years to cover a wide range of styles from modern classical to jazz & pop music.

📍 Kirrip Community Centre  
135 de Rossi Boulevard, Wollert

🕒 10am-12pm

💰 CHSP \$6 LEAP \$12



## July

### Wednesday 16 July Lunch in a Bunch



For details see February on page 6

### Friday 25 July Know your city bus tour

Our bus tours are designed to provide people aged over 50 with an opportunity to explore the offerings available within the City of Whittlesea. During the tour, you will be shown where to find programs, activities and a range of services. Whether you are a lifelong resident of the City of Whittlesea or have just moved to the area, our tour offers you a chance to discover hidden gems like walking trails, historical sites and more, fostering a stronger sense of community and shared knowledge.

💰 \$10

### Tuesday 29 July Christmas in July Singalong with Laura Kate



Enjoy a fun-filled morning with amazing music. Laura is a singer and violinist who specialises in performing timeless classics from a variety of genres including jazz/swing, pop and rock 'n' roll. Morning melodies is a fantastic way to share some of your favourite songs with others and to stay connected to those around you in your community.

📍 Kिरrup Community Centre  
135 de Rossi Boulevard,  
Wollert

🕒 10am-12pm

💰 CHSP \$6 LEAP \$12

Pull out and  
place on your  
fridge



# Weekly Timetable

## Monday

### Social Exercise and Walking Football



📍 Mill Park Basketball and Netball Stadium Redleap Avenue, Mill Park

🕒 10am-12pm

💰 CHSP \$2, LEAP \$4

### Exercise for older adults



📍 Nick Ascenzo Community Centre, 2 Boronia Street, Thomastown

🕒 9.30am-10.15am

💰 CHSP \$5, LEAP \$7



### Meals for seniors cooking program



Commencing Monday 3 February 2025

📍 Barry Road Community Activity Centre, 36 Barry Road, Thomastown

🕒 10am-1pm

💰 CHSP \$15



## Tuesday

### Social Golf



📍 Growling Frog Golf Course, 1910 Donnybrook Road, Yan Yean

🕒 7am-12pm

💰 CHSP \$11.50

LEAP \$21 (9 holes)

CHSP \$16.50

LEAP \$31 (18 Holes)

Golf cart hire \$24

### Exercise for older adults



📍 Mernda Village Community Activity Centre, 70 Mernda Village Drive, Mernda

🕒 9.30am-10.15am

💰 CHSP \$5

LEAP \$7

### Seniors Exercise Park



📍 Barry Road Community Activity Centre, 36 Barry Road, Thomastown

🕒 10am-11am

💰 Free

### Social Connections Program



📍 Barry Road Community Activity Centre, 36 Barry Road, Thomastown

🕒 9.30am-2pm

💰 CHSP \$18

## Wednesday

### Social Connections Program



📍 Barry Road Community Activity Centre, 36 Barry Road, Thomastown

🕒 9.30am-2pm

💰 CHSP \$18



### Lunch in a Bunch



3rd Wednesday

📍 Various restaurants

🕒 12pm-2.30pm

💰 CHSP \$9



## Thursday

### Social Golf



📍 Growling Frog Golf Course, 1910 Donnybrook Road, Yan Yean

🕒 7am-12pm

💰 CHSP \$11.50

LEAP \$21 (9 holes)

CHSP \$16.50

LEAP \$31 (18 Holes)

Golf cart hire \$24

### Social Connections Program



📍 Mernda Social Support Centre, 70 Mernda Village Drive, Mernda

🕒 9.30am-2pm

💰 CHSP \$18

### Exercise for older adults



📍 Nick Ascenzo Community Centre, 2 Boronia Street, Thomastown

🕒 9.30am-10.15am

💰 CHSP \$5, LEAP \$7

### Dementia Friendly group



📍 Barry Road Community Activity Centre, 36 Barry Road, Thomastown

🕒 9.30am-2pm

💰 CHSP \$18

## Friday

### Exercise for older adults



📍 Whittlesea Community Activity Centre, 57-61 Laurel Street, Whittlesea

🕒 9.30am-10.15am

💰 CHSP \$5

LEAP \$7

### Social 10-pin bowling



📍 Oz Tenpin Epping 41-53 Miller Street, Epping

🕒 10am to 12pm

💰 CHSP \$5

LEAP \$10 (1 Game)

CHSP \$8

LEAP \$16 (2 games)

### Social Connections "Buongiorno" Italian program



📍 Barry Road Community Activity Centre, 36 Barry Road, Thomastown

🕒 9.30am-2.30pm

💰 CHSP \$18

KEY:



Social Support run programs



LEAP member run programs

## PROGRAM DESCRIPTIONS:

### Dementia Friendly group

The Dementia and Memory program assists those experiencing dementia, early signs of dementia and memory loss a chance to connect socially and to stay active and engaged in the community. It also provides respite for carers

### Social Connections

The social connection program is an opportunity for you to connect with others over a range of activities including music, craft, gardening and much more.

### Meals for Seniors Cooking

If you are cooking for two or just for yourself, exploring Meals for Seniors is a wonderful way to discover new recipes and engage in the preparation of healthy dishes. With the guidance of a dietitian, you will learn to create delicious meals.



To book visit [whittlesea.vic.gov.au/LEAP](https://whittlesea.vic.gov.au/LEAP)  
Scan the QR Code or call **9217 2170** and select option 4.

### KEY:



#### Social Support Group and centre based respite programs

**Note:** You must be a Commonwealth Home Support Program (CHSP) recipient to attend these programs. If you are a CHSP recipient, you will need a My Aged Care Social Support referral to attend. If you do not have a referral, My Aged Care to organise for an Assessment or if you have any questions about the programs, contact us on **9217 2170** and select option 4.



#### LEAP member run programs


**Note:** You must be a LEAP member or a social support recipient to attend these programs. If you are not a LEAP member, visit [whittlesea.vic.gov.au/LEAP](https://whittlesea.vic.gov.au/LEAP) to download the application form or contact us for an application form. If you are a CHSP recipient, you will need a My aged Care Social Support referral to attend. If you do not have a referral, please contact us on **9217 2170** and select option 4.


## August


**Tuesday 12 August**  
**Senior Clubs Liaison meeting**  
*For details see April on page 7*


**Thursday 14 August**    
**Morning Melodies**  
**with Inca Marka band**

Inca Marka is an Australian band that plays Bolivian, Peruvian and Ecuadorian music. Their album Auki Auki was nominated for 2000 ARIA Award for Best World Music Album.

 Mernda Social support Centre, 70 Mernda Village Drive, Mernda


 10am-12pm

 CHSP \$6 LEAP \$12

**Wednesday 20 August**   
**Lunch in a Bunch**  
*For details see February on page 6*

**Tuesday 26 August**    
**Morning Melodies**  
**with Jacob Kinniburgh**

Join in on the fun with The African drumming. Drumming improves the overall health and wellbeing of older adults.

 Kirrip Community Centre  
135 de Rossi Boulevard,  
Wollert

 10am-12pm


 CHSP \$6 LEAP \$12

## September

**Wednesday 17 September**   
**Lunch in a Bunch**  
*For details see February on page 6*

**Tuesday 30 September**    
**Morning Melodies**  
**Victoria Stanbourough**

Join us for all time favourites with Victoria Stanbourough Country Music show, Dolly Parton and more. Morning melodies is a fantastic way to share some of your favourite songs with others and to stay connected to those around you in your community.

 Kirrip Community Centre  
135 de Rossi Boulevard,  
Wollert

 10am-12pm

 CHSP \$6 LEAP \$12





## October


### Thursday 2 October Senior's Festival Launch


City of Whittlesea host several events and activities during October for the Senior's Festival. Keep an eye out for details on our website at


 [whittlesea.vic.gov.au/seniorsfestival](http://whittlesea.vic.gov.au/seniorsfestival)

### Thursday 9 October Morning Melodies with Sofia Chapman

Join us for music galore with singer and accordionist Sofia Chapman. Sofia's repertoire includes songs in English, French, Italian and Greek and many Eastern European languages. Morning melodies is a fantastic way to share some of your favourite songs with others and to stay connected to those around you in your community.

 Mernda Social Support Centre, 70 Mernda Village Drive, Mernda

 10am-12pm


 CHSP \$6 LEAP \$12

### Wednesday 15 October Lunch in a Bunch

*For details see February on page 6*


### Friday 24 October Know your city bus tour


Our bus tours are designed to provide people aged over 50 with an opportunity to explore the offerings available within the City of Whittlesea. During the tour, you will be shown where to find programs, activities and a range services. Whether you are a lifelong resident of the City of Whittlesea or have just moved to the area, our tour offers you a chance discover hidden gems like walking trails, historical sites and more, fostering a stronger sense of community and shared knowledge.


 CHSP \$5 LEAP \$7

### Tuesday 28 October Morning Melodies with Phil Splitter

Join us for the amazing performance of music and dance with Music and dance with Phil Splitter the energising entertainer. Phil will bring smiles and joy to all with his wide selection of oldies and not so oldies from Elvis Presley, Frank Sinatra, Bobbi Darin and many more.

 Kirrip Community Centre  
135 de Rossi Boulevard,  
Wollert

 10am-12pm

 CHSP \$6 LEAP \$12


## November

### Thursday 13 November Senior Clubs Liaison meeting

*For details see April on page 7*

### Monday 18 November Information Session

Join us for a coffee and chat about our LEAP and Social support programs. Anyone over 50 years old and living in the City of Whittlesea.

 Mernda Social Support Centre, 70 Mernda Village Drive, Mernda

 2pm-4pm


 Free

### Wednesday 19 November Lunch in a Bunch

*For details see February on page 6*

### Tuesday 25 November Morning Melodies with Jane O'Toole

Come on a musical journey with Jane as she performs some of the best loved music of all time. The Sound of Music and other popular show tunes.

 Kirrip Community Centre  
135 de Rossi Boulevard,  
Wollert

 10am-12pm

 CHSP \$6 LEAP \$12

**All programs finish on  
Friday 19 December.**

# Fee Schedule

**Note:** If there are applicable fees and charges, make sure to submit payment, as this could affect your eligibility to participate.

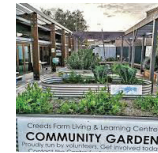
PROGRAM	CHSP CLIENTS	LEAP MEMBERS
Social exercise and Walking Football	\$2	\$4
Exercise for Older Adults	\$5	\$7
Seniors Exercise Park	Free	Free
Social 10 pin Bowling	\$5 one game	\$8 one game
	\$10 two games	\$16 two games
Social Connections Program	\$18	(Must be CHSP Client)
Dementia Friendly Program	\$18	(Must be CHSP Client)
Meals for Seniors (Cooking for 2 now)	\$15	(Must be CHSP Client)
Lunch in a Bunch	\$9	
Morning Melodies	\$6	\$12
Know your city bus tour	\$10 flat rate	

GOLF PROGRAM	CHSP CLIENTS	LEAP
9 Holes	\$11.50	\$21
18 Holes	\$16.50	\$31
Golf Cart Hire	\$24	\$24
Annual membership – Seniors Season Pass (Monday to Friday)	\$965	\$965

# Other services supported by City of Whittlesea Community Gardens

In the City of Whittlesea, we support several community gardens.

If you love gardening but do not have the space at home and want to meet like-minded gardeners, contact us to find your nearest community garden on **9217 2170** and select option 4.



**Creeds Farm Living and Learning Centre**  
 2 Snugburgh Way, Epping  
 Open every day



**Greenbrook Triple G Community Garden**  
 40 McFarlane Cres, Epping  
 Wednesdays



**Lalor Community Garden Lalor**  
 35 Duncan Road, Lalor  
 Tuesday, Wednesday and Saturday 10am-2pm



**Mill Park Garden Club**  
 11 Mill Park Drive, Mill Park  
 Third Friday of the Month 12.30-3pm



**Links Garden Lalor**  
 403 Station Street, Lalor  
 Wednesday and Thursday 9am-1pm  
 Saturday 10am-12noon



**Carome Homestead**  
 10 Hathfelde Boulevard, Mernda  
 Unrestricted hours



**Mernda Seed Sow and Grow Community Garden**  
 2 Heals Road, Mernda  
 Wednesday from 10am-12pm



**Little learners Village Community Garden**  
 211M Gordons Road, South Morang  
 Open to the public 24/7



**Whittlesea Community Garden**  
 55 Laurel Street, Whittlesea  
 Monday 8.30am-11.30am  
 Thursday 8.30am-12.30pm

# Other services provided by City of Whittlesea

## Support at Home Services

Council delivers a range of services through the Commonwealth Home Support Program (CHSP) and provides services to people over 65 years old (or 50 and above for Aboriginal and Torres Strait Islander individuals) who require assistance with daily activities.

Our services are designed to support you in maintaining a safe and independent lifestyle within the comfort of your own home and in the community. Our service can be provided at a frequency that meets your assessed needs which will be discussed with you.

### The services available include:

#### Domestic Assistance

General household tasks such as cleaning, such as vacuuming, mopping, dusting, laundry services and shopping.

#### Personal Care

Various task as part of your daily routine, such as meal preparation, showering, washing, dressing and more.

#### Support for Carers

We offer a range of flexible respite services to support carers to take care of themselves. You can take a break or get things done knowing your loved one is in great care. This can be at home, centre based or in the community.

#### Social Support Individual and Escorted shopping

We can pick you up from home and support you to do your own shopping and other errands like going to the bank or chemist.

#### Meals

We offer a range of options including meals delivered to your home or in a local café or restaurant. Delivered meals have a wide range of fresh and frozen meals to choose from, that cater to most dietary needs.

#### Property Maintenance

Our services include assisting with minor household reports and modifications to ensure your safety and well-being at home.

To receive these services, an assessment and referral from My Aged Care is required. You can call My Aged Care on **1800 200 422** to register and arrange an assessment.



## Useful phone numbers

### City of Whittlesea

Ageing Well Department

☎ 9217 2170: choose Option 4

👉 [whittlesea.vic.gov.au/seniors](http://whittlesea.vic.gov.au/seniors)

### My Aged Care

☎ 1800 200 422

👉 [myagedcare.gov.au](http://myagedcare.gov.au)

### Senior Rights Victoria

☎ 1300 368 821

👉 [seniorsrights.org.au](http://seniorsrights.org.au)

### Office of the Public Advocate

☎ 1300 309 337

👉 [publicadvocate.vic.gov.au](http://publicadvocate.vic.gov.au)

### Aged Care Assist

☎ 0438 849 400

👉 [dpvhealth.org.au/aged-care-assist/](http://dpvhealth.org.au/aged-care-assist/)

### Carer Gateway

☎ 1800 422 737

👉 [carergateway.gov.au/  
services-and-support](http://carergateway.gov.au/services-and-support)

### Banksia Palliative Care

☎ 9455 0822

👉 [banksiapalliative.com.au](http://banksiapalliative.com.au)

### Healthy Ageing Service

☎ 9231 8443

👉 [supportconnect.org.au](http://supportconnect.org.au)

Everyone has the right to be free of violence or the fear of violence. If you or someone you know is in immediate danger or experiencing violence, call 000.

### Northern Health- Advanced Care Planning

☎ 9495 3235

👉 [nh.org.au/service/  
advance-care-planning](http://nh.org.au/service/advance-care-planning)

### Whittlesea Mental Health and Wellbeing Local

☎ 1800 571 145

👉 [neaminational.org.au](http://neaminational.org.au)

### Alzheimer's Australia

☎ 1800 100 500

👉 [dementia.org.au](http://dementia.org.au)

### Whittlesea Community Connections

☎ 9401 6666

👉 [Whittleseacommunity  
connections.org.au](http://Whittleseacommunityconnections.org.au)

### Rainbow door

☎ 1800 729 367

👉 [Rainbowdoor.org.au](http://Rainbowdoor.org.au)

### Specialist Family Violence Services:

#### Safe Steps

☎ 1800 015 188

👉 [safesteps.org.au](http://safesteps.org.au)

#### The Orange Door

☎ 1800 319 355

👉 [orangedoor.vic.gov.au](http://orangedoor.vic.gov.au)



## Volunteering at the City of Whittlesea

Did you know volunteering is good for you? Volunteering is a great way to make a difference in your local community. Getting involved in volunteering not only builds the community, it can also:

- Reduce loneliness and isolation
- Increase your health and wellbeing
- Be a pathway to employment
- Lower stress
- Grow networks and friendships
- Increase your skills and knowledge

### Volunteering opportunities

City of Whittlesea offers several volunteering opportunities where you can enjoy connecting with other people while bringing your diverse skills and interests ranging from:

- Arts and crafts
- Musical talents
- Digital literacy
- Conversational skills
- Sport and recreation
- Cooking and food support
- Transport assistance/ drivers
- Bi-lingual
- Reading and creative writing
- And much more

If you would like to be part of our amazing team of volunteers, contact Ageing Well on 9217 2170 and select option 4.

## Council Offices

25 Ferres Boulevard  
South Morang VIC 3752

## Whittlesea Service Hub

63 Church Street  
Whittlesea VIC 3757

**Email:** [ageingwell@whittlesea.vic.gov.au](mailto:ageingwell@whittlesea.vic.gov.au)

**Website** [whittlesea.vic.gov.au](http://whittlesea.vic.gov.au)

## Postal address

City of Whittlesea Locked Bag  
Bundoora MDC VIC 3083

**Phone:** 9217 2170, select option 4  
National Relay Service: 133 677  
(ask for 9217 2170)

Connect with us in your  
preferred language:



Scan QR code to book or  
visit [whittlesea.vic.gov.au/LEAP](http://whittlesea.vic.gov.au/LEAP)



Free telephone  
interpreter service

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