



Positive Ageing 2024 Program



City of
Whittlesea



Contents

LEAP Program	4
Social Connection and Centre Based Respite	5
Our Programs	5
Monthly Timetable	6
Fee Schedule	14
Community Gardens	15
Support at Home Services	16
Helpful numbers	18



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 enrollment 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
- Stay 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 and download the LEAP Membership form and return the completed form via email to ageingwell@whittlesea.vic.gov.au Alternatively, you can call the Ageing Well team on **9217 2170** and select option 4.

Whittlesea Seniors Linkup

The Whittlesea Seniors Link Up provides a one-stop source of information for seniors in the City of Whittlesea area. Learn about a range of social, recreational and healthy living activities, programs, groups and events.

whittleseaseniorslinkup.com

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 Nillumbik) are eligible to attend the programs. However need to organise their own transport to the activity.

Are you a Home Care Package client?

If you are on a Home care package, you can attend the program if:

- you are assessed as suitable for the nominated program
- there is capacity for the program to accept Home Care Package clients
- you agree to pay the fee.

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.



ALL LEAP AND
SOCIAL SUPPORT
PROGRAMS
RECOMMENCE
FROM MONDAY
15 JANUARY


Monthly Timetable


February

Friday 9 February
Social 10-Pin Bowling
recommencing

Tuesday 27 February  
Morning Melodies
with Laura Kate

Join us for a fun filled morning of music entertainment with singer and violinist Laura Kate. Kate has had experience playing in various musical projects including a Celtic Band and a Pop/Country Duo (The Gala Duo). 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 to 12pm


 CHSP \$6 LEAP \$12




March


Monday 18 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 to 4pm

 Free

Tuesday 26 March  
Morning Melodies with
Bollywood dance performance



Join us for a Bollywood dance with Bindas Bollywood Dance Company. Get ready to explore the art of Indian dance with modern & semi-classical fusions.

 Kirrip Community Centre,
135 de Rossi Boulevard,
Wollert


 10am to 12pm


 CHSP \$6 LEAP \$12


April

Thursday 11 April  
Morning Melodies
with Maria Pellicano

Enjoy a fun filled morning with wonderful music and dance with singer and guitarist, Maria Pellicano. 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 to 12pm

 CHSP \$6 LEAP \$12


Friday 19 April
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 to visit and see many different services you can access. Anyone over 50 years old and living in the City of Whittlesea.


 \$10

Tuesday 30 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. 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.

 Kirrup Community Centre,
135 de Rossi Boulevard,
Wollert

 10am to 12pm

 CHSP \$6 LEAP \$12



May

Wednesday 22 May Senior's liaison meeting

Meeting for all Senior Citizen clubs registered with the City of Whittlesea only.

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

Tuesday 28 May Morning Melodies with Punjabi music and dance

Enjoy a fun filled morning with Punjabi music and dance. 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 to 12pm
- 💰 CHSP \$6 LEAP \$12



June

Tuesday 18 June Ageing Well Expo

Discover the latest information, services and expert advice in staying safe and ageing well. Whether you are planning for your own future or caring for a family member, the Ageing Well Expo is the ultimate resource hub. The expo brings together a diverse range of products, services, information and educational resources available to support you to remain independent and continue living at home safely. Everyone welcome.

- 📍 Plenty ranges Arts and Convention Centre
35 Ferres Boulevard,
South Morang
- 🕒 10am to 3pm
- 💰 Free

Monday 17 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 to 4pm
- 💰 Free

Thursday 13 June Morning Melodies with John Bevilacqua

Catch up with friends, and connect with others in this 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 to 12pm
- 💰 CHSP \$6 LEAP \$12



Tuesday 25 June Morning Melodies with Polynesian dance performance

Join us for the exciting Polynesian dance performance by Sounds Of Polynesia.

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





July

Friday 26 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 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 visit and see many different services you can access. Anyone over 50 years old and living in the City of Whittlesea.

💰 \$10

Tuesday 30 July

Morning Melodies with Jen Hawley



Enjoy a fun filled morning with amazing music and dance by guitarist and singer Jen Hawley. 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.

📍 KIRRUP COMMUNITY CENTRE
135 de Rossi Boulevard,
WOLLERT

🕒 10am to 12pm


































































💰 CHSP \$6 LEAP \$12



PULL OUT & PLACE ON YOUR FRIDGE

Weekly Timetable



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Social Exercise and Walking Football  </p> <p> The Y Leisure City, 41-53 Miller Street, Epping</p> <p> 10am to 12pm</p> <p> CHSP \$2, LEAP \$4</p>	<p>Social Golf  </p> <p> Growling Frog Golf Course, 1910 Donnybrook Road, Yan Yean</p> <p> 7am to 9.40am</p> <p> CHSP \$10 LEAP \$19.50 (9 holes) CHSP \$15 LEAP \$29.50 (18 Holes)</p>	<p>Social Connections program </p> <p> Barry Road Community Activity Centre, 36 Barry Road, Thomastown</p> <p> 10am to 2pm</p> <p> CHSP \$18</p>	<p>Social Golf  </p> <p> Growling Frog Golf Course, 1910 Donnybrook Road, Yan Yean</p> <p> 7am to 9.40am</p> <p> CHSP \$10, LEAP \$19.50 (9 holes) CHSP \$15 LEAP \$29.50 (18 Holes)</p>	<p>Exercise for older adults  </p> <p> Whittlesea Community Activity Centre, 57-61 Laurel Street, Whittlesea</p> <p> 9.30am to 10.15am</p> <p> CHSP \$5 LEAP \$7</p>
<p>Exercise for older adults  </p> <p> Nick Ascenzo Community Centre, 2 Boronia Street, Thomastown</p> <p> 9.30am to 10.15am</p> <p> CHSP \$5, LEAP \$7</p>	<p>Exercise for older adults  </p> <p> Mernda Village Community Activity Centre, 70 Mernda Village Drive, Mernda</p> <p> 9.30am to 10.15am</p> <p> CHSP \$5 LEAP \$7</p>		<p>Social Connections Art and Craft </p> <p> Mernda Social Support Centre, 70 Mernda Village Drive, Mernda</p> <p> 10am to 2pm</p> <p> CHSP \$18</p>	<p>Social 10-pin bowling  </p> <p> Oz Tenpin Epping 41-53 Miller Street, Epping</p> <p> 10am to 12pm</p> <p> CHSP \$5 LEAP \$10 (1 Game) CHSP \$8 LEAP \$16 (2 games)</p>
<p>Dementia Friendly group </p> <p> Mernda Social Support Centre, 70 Mernda Village Drive, Mernda</p> <p> 12pm to 4pm</p> <p> CHSP \$18</p>	<p>Seniors Exercise Park  </p> <p> Barry Road Community Activity Centre, 36 Barry Road, Thomastown</p> <p> 10am to 11am</p> <p> Free</p>	<p>Social Indoor Carpet Bowls  </p> <p>Starting Wednesday 17 April</p> <p> Thomastown Recreation Aquatic Centre, 52 Main Street, Thomastown</p> <p> 10am to 12pm</p> <p> CHSP \$5 LEAP \$7</p>	<p>Exercise for older adults  </p> <p> Nick Ascenzo Community Centre, 2 Boronia Street, Thomastown</p> <p> 9.30am to 10.15am</p> <p> CHSP \$5, LEAP \$7</p>	<p>Social Connections program Italian Specific </p> <p> Barry Road Community Activity Centre, 36 Barry Road, Thomastown</p> <p> 10am to 2pm</p> <p> CHSP \$18</p>
 <p>Meals for Seniors Cooking for 2 </p> <p>Commencing on Monday 4 November 2024</p> <p> Barry Road Community Activity Centre, 36 Barry Road, Thomastown</p> <p> 10am to 1pm</p> <p> CHSP \$15</p>	<p>Social Connections Music and Movement </p> <p> Barry Road Community Activity Centre, 36 Barry Road, Thomastown</p> <p> 10am to 2pm</p> <p> CHSP \$18</p>		<p>Dementia Friendly group </p> <p> Barry Road Community Activity Centre, 36 Barry Road, Thomastown</p> <p> 10am to 2pm</p> <p> CHSP \$18</p>	

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.



To book visit whittlesea.vic.gov.au/LEAP
Scan the QR Code or call 9217 2170 and select option 4.

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.

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 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

Thursday 8 August Morning Melodies Sing it with Sharon



Join us for Sing it with Sharon with the amazing Sharon Cristallini, a Doris Day tribute. 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 to 12pm

💰 CHSP \$6 LEAP \$12

Tuesday 27 August Morning Melodies with Bollywood music



Join in on the fun with exciting and thrilling Indian Bollywood music and dance. 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 to 12pm

💰 CHSP \$6 LEAP \$12

September

Tuesday 24 September Morning Melodies Dame Vera Lynn



Join us for the amazing Dame Vera Lynn, We'll Meet Again show by Caz Dunell. 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 to 12pm

💰 CHSP \$6 LEAP \$12



October

Tuesday 1 October Senior's Festival and the Young at Heart Games 2024 Opening Ceremony

City of Whittlesea host several events and activities in October for our seniors, including the Whittlesea's Open Seniors. Olympics for Seniors is for people aged 50 and over. Keep an eye out for details on our website at whittlesea.vic.gov.au/seniorsfestival

Rescheduled

Thursday 10 October Morning Melodies with Laura Kate



Join us for music with singer and violinist Laura Kate. Kate has had experience playing in various musical projects including a Celtic Band and a Pop/Country Duo (The Gala Duo). 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 to 12pm
- 💰 CHSP \$6 LEAP \$12

Friday 25 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 in the City of Whittlesea. The tour is a great way to find out where to find services, 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 visit and see many different services you can access.

- 💰 CHSP \$5 LEAP \$7

Rescheduled

Tuesday 29 October Morning Melodies with Horizon Duo



Join us for the amazing performance of music and dance with popular Rory and Isabel from Horizon Duo.

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



November

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 to 4pm
- 💰 Free



Tuesday 26 November Morning Melodies with Phil Carroll



Join us for a fun filled morning with music and dance by the amazing piano accordionist Phil Carroll. 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 to 12pm
- 💰 CHSP \$6 LEAP \$12

**All programs finish on
Friday 13 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	HOME CARE PACKAGE CLIENTS
Social exercise and Walking Football	\$2	\$4	\$30
Exercise for Older Adults	\$5	\$7	\$30
Seniors Exercise Park	Free	Free	Free
Social 10 pin Bowling	\$5 one game	\$8 one game	\$30
	\$10 two games	\$16 two games	\$30
Social Indoor carpet Bowls	\$5	\$7	\$30
Social Connections Program	\$18	(Must be CHSP Client)	\$60
Dementia Friendly Program	\$18	(Must be CHSP Client)	\$60
Meals for Seniors (Cooking for 2 now)	\$15	(Must be CHSP Client)	\$30
Morning Melodies	\$6	\$12	\$30
Know your city (age friendly tours)	\$10 flat rate		

GOLF PROGRAM	CHSP CLIENTS	LEAP CLIENTS
9 Holes	\$10	\$19.50
18 Holes	\$15	\$29.50
Golf Cart Hire	\$20	\$20
Annual membership – Seniors Season Pass (Monday to Friday)	\$875	\$875

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



Mernda Community Garden @ Carome



Greenbrook Triple G Community Garden



Mernda Seed Sow and Grow Community Garden



Lalor Community Garden Lalor



Little learners Village Community Garden



Mill Park Garden Club



Whittlesea Community Garden



Links Garden Lalor

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.

Support At Home Services for people Under 65 years old

The Home and Community Care Program for Younger People (HACC PYP) provides support for younger people with disabilities whose capacity for independent living is at risk and who are not eligible for services through NDIS (National Disability Insurance Scheme). For more information contact us on **9217 2170** and select option 4.



Useful phone numbers

City of Whittlesea

Ageing Well Department

☎ 9217 2170: choose Option 4

👉 whittlesea.vic.gov.au/seniors

My Aged Care

☎ 1800 200 422

👉 myagedcare.gov.au

Senior Rights Victoria

☎ 1300 368 821

👉 seniorsrights.org.au

Office of the Public Advocate

☎ 1300 309 337

👉 publicadvocate.vic.gov.au

Aged Care Assist

☎ 0438 849 400

👉 dpvhealth.org.au/aged-care-assist/

Carer Gateway

☎ 1800 422 737

👉 carergateway.gov.au/services-and-support

Banksia Palliative Care

☎ 9455 0822

👉 banksiapalliative.com.au

Healthy Ageing Service

☎ 9231 8443

👉 supportconnect.org.au

Northern Health- Advanced Care Planning

☎ 9495 3235

👉 nh.org.au/service/advance-care-planning

Whittlesea Mental Health and Wellbeing Local

☎ 1800 571 145

👉 neaminational.org.au

Alzheimer's Australia

☎ 1800 100 500

👉 dementia.org.au

Specialist Family Violence Services:

Safe Steps

☎ 1800 015 188

👉 safesteps.org.au

The Orange Door

☎ 1800 319 355

👉 orangedoor.vic.gov.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.



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
- Bi-lingual
- Reading and creative writing
- And much more

If you would like to be part of our amazing team of volunteers, contact the Volunteer Coordinator 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

Website 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:



Free telephone
interpreter service

131 450

Scan QR code to book or
visit  whittlesea.vic.gov.au/LEAP