

# OUT & ABOUT

## 2024

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Your guide to activities and support for older people in the City of Melbourne



CITY OF MELBOURNE

## Acknowledgement of Traditional Owners

The City of Melbourne respectfully acknowledges the Traditional Owners of the land we govern, the Wurundjeri Woi-wurrung and Bunurong / Boon Wurrung peoples of the Kulin Nation and pays respect to their Elders past and present. We acknowledge and honour the unbroken spiritual, cultural and political connection they have maintained to this unique place for more than 2000 generations.

We accept the invitation in the Uluru Statement from the Heart and are committed to walking together to build a better future.

# WELCOME TO OUT AND ABOUT

Here is your 2024 guide to activities, services and supports for older people in your local neighbourhood.











Within each category you will find activities listed alphabetically and colour-coded by neighbourhood. Most activities are either free or low-cost. The guide includes services, support and information on topics which may be relevant to older people and their carers, families and friends.

Out and About is an annual publication. While every effort is made to provide accurate and up-to-date information, activities and services in this guide are subject to change or discontinuation. Please contact the activity organiser directly for further information.

You can keep up to date with the latest events and activities and sign up to our monthly e-newsletter by visiting [melbourne.vic.gov.au/olderpeople](https://melbourne.vic.gov.au/olderpeople). You can also call us on **9658 9190**, email [healthyageing@melbourne.vic.gov.au](mailto:healthyageing@melbourne.vic.gov.au) or chat to our team at your local neighbourhood centre (see page 10 for details).

## Activity neighbourhoods

The following coloured symbols are on each page to indicate the neighbourhood in which the activity takes place.

 Carlton  CBD Hoddle Grid  Docklands  East Melbourne  Kensington  
 North Melbourne  Parkville  Southbank  South Yarra  West Melbourne





## MELBOURNE: A GREAT PLACE TO AGE

The diversity of older people visiting, working and living in Melbourne is one of our great strengths.

As our city grows, it is vital for us to ensure older people continue to feel included, supported and valued as members of our diverse community.

City of Melbourne developed the *Melbourne: A Great Place to Age 2020-2024* strategic plan to guide our work in challenging negative stereotypes towards ageing. Pride, strength and resilience underpins our approach.

For more information on the strategic plan, visit our website: [melbourne.vic.gov.au/olderpeople](https://melbourne.vic.gov.au/olderpeople)

### Sign up for our newsletter

#### Stay up to date

Stay up to date with the latest in healthy ageing news and opportunities for older people in the City of Melbourne.



Scan the QR code to sign up to receive our monthly *Melbourne: A Great Place to Age* e-newsletter.

### Quarterly print newsletter

Our quarterly print newsletter is sent to subscribers living in the City of Melbourne via post, and is printed in seven languages (English, Arabic, Greek, Italian, Simplified Chinese, Spanish and Vietnamese). To subscribe, contact Healthy Ageing on **9658 9190** or email [healthyageing@melbourne.vic.gov.au](mailto:healthyageing@melbourne.vic.gov.au)





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# 1. CITY OF MELBOURNE HEALTHY AGEING


Our vibrant neighbourhood centres are activity hubs for older people and carers. Find them in South Yarra, Kensington and North Melbourne.

From regular community meals and afternoon teas to groups focused on gardening, exercise, reading, lifelong learning, music, art and culture, there really is something for everyone. Enjoy your favourite activities in a friendly, social setting, or discover new and exciting opportunities. Participation in most activities is free, however bookings are essential.



## Healthy ageing programs


If you are interested in attending one of the listed programs, please contact the relevant centre on the phone number provided or email [healthyageing@melbourne.vic.gov.au](mailto:healthyageing@melbourne.vic.gov.au)

CENTRE NAME	CONTACT US	DESCRIPTION
<b>Jean McKendry Neighbourhood Centre</b>	<p><b>North Melbourne</b> 91-111 Melrose Street 9328 1665</p> <p> Tram No. 57, 59</p> <p><b>Monday to Friday</b></p>	<p>This centre is a popular meeting space for older people to enjoy social, recreational and educational activities such as singing, dancing, art, cooking, sewing and community gatherings.</p> <p><b>Centre community groups</b></p> <ul style="list-style-type: none"> <li>• African Elderly Communities Association</li> <li>• Australian Multicultural Community Services</li> <li>• Chinese Arts Association of Melbourne</li> <li>• North and West Melbourne Seniors Group</li> <li>• North Melbourne Chinese Association</li> <li>• Slavic Women's Group</li> <li>• Spanish Speaking Elderly Group North Melbourne</li> </ul>

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See our social groups section for more information on the community groups listed in our centre descriptions. For up-to-date program and event information, visit [melbourne.vic.gov.au/olderpeople](http://melbourne.vic.gov.au/olderpeople)

CENTRE PROGRAMS	DAY/TIME	PROGRAM DESCRIPTION
<b>Creative Mondays</b>	<b>Every second Monday</b> 1pm to 3pm	Unwind and socialise over a creative activity, learn something new or bring along your own project to work on. Facilitated by a professional artist.
<b>Tech Connect</b>	<b>Monday</b> 9.30am to 12.30pm	One-on-one support with a trained and skilled digital tech helper. Learn more about how to use your mobile, laptop or tablet to connect better with family and friends, or to research and discover new interests. To book a session visit <a href="http://trybooking.com/CLFKR">trybooking.com/CLFKR</a>
<b>Table Tennis Tuesdays</b>	<b>Tuesday</b> 1pm to 4pm	Anyone for table tennis? Book a time to access our equipment, try this fun activity and boost your physical and mental wellbeing.
<b>Line dancing</b>	<b>Wednesday</b> 2pm to 4pm	Join us to experience the fun, rhythm and movement of line dancing. Whether you're a novice or a seasoned pro, our sessions cater to all.

CENTRE NAME	CONTACT US	DESCRIPTION
<p>City of Melbourne</p> <p><b>Kensington Neighbourhood Centre</b></p>	<p><b>Kensington</b> 18 Anthony Street 9376 9743</p> <p> Tram No. 57</p> <p><b>Monday to Friday</b></p>	<p>Located minutes away from public transport, Kensington Neighbourhood Centre is a vibrant community hub featuring a welcoming sensory garden for older people and carers to enjoy.</p> <p><b>Centre community groups</b></p> <ul style="list-style-type: none"> <li>• Association of New Elderly</li> <li>• Chinese Arts Association of Melbourne</li> <li>• cohealth Stronger Me</li> <li>• Elderly Greek Club of Kensington and Flemington</li> <li>• Horn of Africa Senior Women’s Group</li> <li>• Western Suburbs Organ Club</li> </ul>

CENTRE PROGRAMS	DAY/TIME	PROGRAM DESCRIPTION
<b>Stronger Together</b>	<b>Monday</b> 1pm to 2pm	This group exercise program focuses on improving strength, balance, coordination and overall wellbeing.
<b>Sensory Garden</b>	<b>Thursday</b> 10.30am to 12.30pm	This group meets weekly in a tranquil garden setting. A professional gardener facilitates hands-on gardening activities designed to ignite the senses and foster a connection with nature. Activities are suitable for everyone, including people living with dementia and their carers.
<b>Chatty Café</b>	<b>Thursday</b> 1pm to 3pm	Visit Chatty Café, your Thursday social haven to connect with locals and unwind. Join us for tea, treats, and engaging activities like board games and crafts. Explore our sensory garden, dive into pre-loved books and stay informed with local news and opportunities. No booking required.
<b>Tech Connect</b>	<b>Friday</b> 9.30am to 12.30pm	One-on-one support with a trained and skilled digital tech helper. Learn more about how to use your mobile, laptop or tablet to connect better with family and friends, or to research and discover new interests. To book a session visit <a href="https://trybooking.com/CLFSX">trybooking.com/CLFSX</a>

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CENTRE NAME	CONTACT US	DESCRIPTION
City of Melbourne <b>South Yarra Senior Citizens Centre</b>	<b>South Yarra</b> Fawkner Park 65 Toorak Road West, 9820 2760 🚊 Tram No. 58 <b>Monday to Friday</b>	Nestled in the picturesque setting of Fawkner Park, this centre hosts a number of health, wellbeing and recreational activities for older people and carers. Explore opportunities to participate in a range of intergenerational programs in partnership with the neighbouring childcare centre.  <b>Centre community groups</b> <ul style="list-style-type: none"> <li>• Association of New Elderly</li> <li>• Prahran Place Neighbourhood Centre Men's Social Group</li> </ul>

CENTRE PROGRAMS	DAY/TIME	PROGRAM DESCRIPTION
<b>Monthly Carers Walk</b>	<b>First Monday of the month</b> 10.45am to 12pm	Get outdoors, stay active and connect with others. Enjoy a relaxing walk through the Royal Botanic Gardens followed by morning tea at a local cafe.
<b>Cards and Dice</b>	<b>Monday</b> 1pm to 3pm	This weekly event is the perfect opportunity to socialise and enjoy some friendly competition while playing board games and cards.

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CENTRE PROGRAMS	DAY/TIME	PROGRAM DESCRIPTION
<b>Tech Connect</b>	<b>Tuesday</b> 9.30am to 12.30pm	One-on-one tech help with a trained and skilled tech helper. Learn more about how to use your mobile, laptop or tablet to connect better with family and friends, or to research and discover new interests. To book a session visit <a href="https://trybooking.com/CLFRG">trybooking.com/CLFRG</a> .
<b>Books and Biscuits</b>	<b>Every second Wednesday</b> 11am to 12pm	Join us fortnightly to read together and talk books while enjoying morning tea. Local librarians will join in to share short stories and articles, and to chat about other interesting topics.
<b>Creative Wednesdays</b>	<b>Every second Wednesday</b> 10am to 12pm	Unwind and socialise over a creative activity, learn something new or bring along your own project. Facilitated by a professional artist.
<b>Intermediate Tai Chi</b>	<b>Thursday</b> 10am to 11am	Experience the health benefits of slow, gentle and tranquil movements in the peaceful surrounds of Fawkner Park.
<b>Italian lessons</b>	<b>First and third Friday of the month</b> 11.30am to 12.30pm	Learn Italian in a friendly and welcoming environment. Suitable for people with basic Italian language skills. This program is also offered online.
<b>Lunch and Music</b>	<b>Last Friday of the month</b> 12pm to 2.30pm	This monthly lunch promises entertainment, laughter and time to socialise while enjoying the view across Fawkner Park. A small fee applies.
<b>Social Afternoon Tea</b>	<b>Second Friday of the month</b> 2pm to 3.30pm	Connect with friends and meet new people at this monthly community afternoon tea.



## Support for carers in the City of Melbourne

The City of Melbourne provides carers with opportunities to connect with peers, improve health and wellbeing and access information about local support services.

Activities include:

- creative workshops
- exercise programs
- free tickets to art exhibitions, theatre and festivals
- monthly walking group
- social gardening group.

9658 9190

[healthyageing@melbourne.vic.gov.au](mailto:healthyageing@melbourne.vic.gov.au)  
[melbourne.vic.gov.au/olderpeople](https://melbourne.vic.gov.au/olderpeople)

Check out the services and support section of this guide for information on Carer Gateway, an Australian Government program providing free services and support for carers.





## 2. ARTS AND CULTURE

Immerse yourself in the variety of cultural opportunities our city has to offer. From cinemas and museums to historical tours, a wide range of free and low-cost cultural activities are available right at your doorstep.


















ORGANISER/ ACTIVITY	DESCRIPTION
<b>Austral Salon Recital</b>	An opportunity to hear a performance from emerging musicians and offer them an engaged and supportive audience. Tea, coffee, and biscuits provided. 💰 \$20
<b>ACCA</b>	A contemporary art gallery hosting exhibitions, floor talks and lectures. 💰 <b>Free entry, ticketed events.</b>
<b>ACMI</b>	Discover the universe of film, TV, video games and art at Melbourne's museum of screen culture in the heart of Federation Square. 💰 <b>Free entry, ticketed events.</b>

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Fourth Monday of the month</b> 11.45am to 1.30pm	<b>East Melbourne</b> The Main Hall, St Peter's Church, 15 Gisborne Street 🚊 Tram No. 11, 12, 109	<a href="mailto:australsalonofmusic@gmail.com">australsalonofmusic@gmail.com</a> <a href="http://australsalon.org">australsalon.org</a>
<b>Tuesday to Friday</b> 10am to 5pm  <b>Saturday and Sunday</b> 11am to 5pm	<b>Southbank</b> 111 Sturt Street 🚊 Tram No. 1	9697 9999 <a href="http://acca.melbourne">acca.melbourne</a>
<b>Daily</b> 10am to 5pm	<b>CBD Hoddle Grid</b> Fed Square Swanston Street 🚊 Tram No. 1, 16, 3/3a, 5, 6, 64, 67, 72	8663 2200 <a href="http://acmi.net.au">acmi.net.au</a>

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ORGANISER/ ACTIVITY	DESCRIPTION
<b>Arts Centre Melbourne</b>	Arts Centre Melbourne is a performing arts complex of theatres and concert halls in the Melbourne Arts Precinct. <b>\$ Free entry, ticketed events</b>
<b>Arts House</b>	Melbourne's home of contemporary performance, with a year-round program of dance, theatre, music, installations and community projects. <b>\$ Free entry, ticked events</b>
<b>Australian Sports Museum</b>	Your one stop for celebrating sport in Australian society. Home to historic artefacts from some of the greatest moments in the story of sport. <b>\$ \$24</b>
<b>Bunjilaka Aboriginal Cultural Centre</b>	Telling a story of survival against the odds and celebrating Aboriginal people's vibrant cultures through performances, storytelling, artwork and more. <b>\$ Free concession entry</b> <b>\$ \$10 seniors ticket</b>

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<b>Monday to Friday</b> 7am to 7pm  <b>Saturday</b> 8.30am to 7pm  <b>Sunday</b> 10am to 5pm	<b>CBD Hoddle Grid</b> 100 St Kilda Road  Tram No. 1, 3/3a, 5, 6, 16, 64, 67, 72	9281 8000 1300 182 183 <a href="mailto:tickets@artscentremelbourne.com.au">tickets@artscentremelbourne.com.au</a> <a href="http://artscentremelbourne.com.au">artscentremelbourne.com.au</a>
<b>Monday to Friday</b> 11am to 4pm	<b>North Melbourne</b> 521 Queensberry Street  Tram No. 57	9322 3720 <a href="mailto:artshouse@melbourne.vic.gov.au">artshouse@melbourne.vic.gov.au</a> <a href="http://artshouse.com.au">artshouse.com.au</a>
<b>Daily</b> 10am to 5pm	<b>East Melbourne</b> Gate 3, Melbourne Cricket Ground, Yarra Park  Tram No. 48, 75	9657 8879 <a href="mailto:contactus@australiansportsmuseum.org.au">contactus@australiansportsmuseum.org.au</a> <a href="http://australiansportsmuseum.org.au">australiansportsmuseum.org.au</a>
<b>Daily</b> 9am to 5pm	<b>Carlton</b> 11 Nicholson Street Located at Melbourne Museum  Tram No. 86, 96	13 11 02 <a href="mailto:mvbookings@museum.vic.gov.au">mvbookings@museum.vic.gov.au</a> <a href="http://museums victoria.com.au/bunjilaka">museums victoria.com.au/bunjilaka</a>

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ORGANISER/ ACTIVITY	DESCRIPTION
<b>Chinese Museum of Australia</b>	Dedicated to documenting, preserving and displaying the history, heritage and culture of Australia's Chinese community. 💰 \$12.50
City of Melbourne <b>Melbourne Greeter Service</b>	A walking tour of Melbourne conducted by a knowledgeable local. Groups of up to four people can be accommodated. On certain days the tours are available in other languages including French, German, Indonesian, Italian and Mandarin. Book via email or over the phone. 💰 Free
City of Melbourne <b>Melbourne Town Hall tours</b>	Take a guided tour of Melbourne Town Hall, one of the city's most iconic buildings and the site of many of Melbourne's proudest moments. Bookings essential. 💰 Free

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Daily</b> 10am to 4pm	<b>CBD Hoddle Grid</b> 22 Cohen Place, 🚊 Tram No. 86, 96	9662 2888 <a href="mailto:info@chinesemuseum.com.au">info@chinesemuseum.com.au</a> <a href="http://chinesemuseum.com.au">chinesemuseum.com.au</a>
<b>Daily</b> 10am	<b>CBD Hoddle Grid</b> Melbourne Visitor Hub at the Melbourne Town Hall (Swanston Street, corner of Little Collins Street) 🚊 Tram No. 1, 16, 3/3a, 5, 6, 64, 67, 72, 109, 11, 12, 48	Weekdays: 9658 9658 Weekends: 9658 9942 <a href="mailto:melbourne.greeterservice@melbourne.vic.gov.au">melbourne.greeterservice@melbourne.vic.gov.au</a> <a href="http://whatson.melbourne.vic.gov.au/visitor-info/greeter-service">whatson.melbourne.vic.gov.au/visitor-info/greeter-service</a>
<b>Monday, Wednesday to Friday</b> 11am to 12pm 1pm to 2pm	<b>CBD Hoddle Grid</b> Melbourne Town Hall 90-130 Swanston Street 🚊 Tram No. 1, 16, 3/3a, 5, 6, 64, 67, 72, 109, 11, 12, 48	9658 9658 <a href="mailto:townhalltour@melbourne.vic.gov.au">townhalltour@melbourne.vic.gov.au</a> <a href="http://whatson.melbourne.vic.gov.au/things-to-do/melbourne-town-hall-tours">whatson.melbourne.vic.gov.au/things-to-do/melbourne-town-hall-tours</a>

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ORGANISER/ ACTIVITY	DESCRIPTION
<b>Fox Collection Classic Car Museum</b>	Housed in the historic Queen's Warehouse and contains dozens of the world's most rare and prestigious vehicles. Group tours available on request. <b>\$ \$16.50</b>
<b>Hellenic Museum</b>	Art and history museum dedicated to Hellenic culture, both ancient and contemporary, through innovative programs, exhibitions and events. <b>\$ \$7 seniors ticket</b>
Museums Victoria <b>Immigration Museum</b>	Focuses on Melbourne and Victoria's immigration history and celebrates the diversity of the community through shared storytelling, exhibitions and events. <b>\$ Free concession entry</b> <b>\$ \$10 seniors ticket</b>
Koorie Heritage Trust <b>Birrarung Wilam (River Camp) Walk</b>	Join the Koorie Heritage Trust on their Birrarung Wilam (River Camp) Walk. You will learn how the land on which Naarm (Melbourne) is located has changed over time and about the significance of the Birrarung Wilam as an important gathering place for the Kulin Nation. <b>\$ \$33</b> <b>\$ \$16.50 concession</b>

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Thursday and Saturday</b> 10am to 2pm	<b>Docklands</b> 745-755 Collins Street  Tram No. 11, 48, 35, 70, 75	9620 4086 <a href="mailto:adminfoxcollection@linfox.com">adminfoxcollection@linfox.com</a> <a href="http://foxcollection.org.au">foxcollection.org.au</a>
<b>Daily</b> 10am to 4pm	<b>CBD Hoddle Grid</b> 280 William Street  Tram No. 58, 30, 35	8615 9016 <a href="mailto:info@hellenic.org.au">info@hellenic.org.au</a> <a href="http://hellenic.org.au">hellenic.org.au</a>
<b>Daily</b> 10am to 5pm	<b>CBD Hoddle Grid</b> 400 Flinders Street  Tram No. 58, 35, 70, 75	13 11 02 <a href="mailto:mvbookings@museum.vic.gov.au">mvbookings@museum.vic.gov.au</a> <a href="http://museumsvictoria.com.au/immigrationmuseum">museumsvictoria.com.au/immigrationmuseum</a>
<b>Monday to Friday</b> 1pm to 2pm	<b>CBD Hoddle Grid</b> Yarra Building, Federation Square  Tram No. 1, 16, 3/3a, 5, 6, 64, 67, 72	8662 6313 <a href="mailto:info@koorieheritagetrust.com">info@koorieheritagetrust.com</a> <a href="http://koorieheritagetrust.com.au">koorieheritagetrust.com.au</a>

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Koorie Heritage Trust <b>Koorie Heritage Trust Exhibitions</b>	Experience, learn, connect and reconnect with the rich, living Aboriginal culture, heritage and histories of Victoria. <b>\$ Free</b>
<b>Melbourne Recital Centre</b>	A live music destination championing the best local and international artists and ensembles across two performance spaces. Free open rehearsals one Monday per month. <b>\$ Ticketed admission</b>
Museums Victoria <b>Melbourne Museum</b>	Gain a rich and inspiring insight into natural and cultural history, set within the beautiful surrounds of Carlton Gardens. Seniors tickets are available for general museum entry and some special exhibitions. <b>\$ Free concession entry</b> <b>\$ \$10 seniors ticket</b>

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Daily</b> 10am to 5pm	<b>CBD Hoddle Grid</b> Yarra Building, Federation Square 🚊 Tram No. 1, 16, 3/3a, 5, 6, 64, 67, 72	8662 6300 <a href="mailto:info@korieheritagetrust.com">info@korieheritagetrust.com</a> <a href="http://korieheritagetrust.com.au">korieheritagetrust.com.au</a>
<b>Subject to show times</b>	<b>Southbank</b> 113 Sturt Street, 🚊 Tram No. 1	9699 3333 <a href="http://melbournerecital.com.au">melbournerecital.com.au</a>
<b>Daily</b> 9am to 5pm	<b>Carlton</b> 11 Nicholson Street 🚊 Tram No. 86, 96	13 11 02 <a href="mailto:mvbookings@museum.vic.gov.au">mvbookings@museum.vic.gov.au</a> <a href="http://museumsvictoria.com.au/melbournemuseum">museumsvictoria.com.au/melbournemuseum</a>

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ORGANISER/ ACTIVITY	DESCRIPTION
<b>National Gallery of Victoria (NGV)</b>	Hosts a wide range of international and local artists, exhibitions, programs and events. Selected temporary exhibitions require purchasing a ticket. For these, Seniors Card holders receive a discount on Wednesdays. <b>\$ Free entry, ticketed events</b>
<b>NGV programs</b>	
<b>Gallery Visits You</b>	Are you interested in visiting NGV but cannot attend physically? Join NGV guides online each month as they highlight works from the collection and exhibitions. <b>\$ Free</b>
<b>Relaxed Sessions</b>	These sessions welcome visitors who would benefit from a quieter gallery experience with fewer people and reduced sensory stimuli. <b>\$ Ticketed admission</b>
<b>Seniors' Tea with NGV</b>	Join friendly NGV Guides in the gallery each month for an hour of informal conversation about selected artworks, and stay on for a cup of tea in the café to continue the discussion. <b>\$ Free</b>

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<b>Daily</b> 10am to 5pm	<b>Southbank</b> 180 St Kilda Road 🚊 Tram No. 1, 16, 3/3a, 5, 6, 64, 67, 72	8620 2222 <a href="mailto:ngvenquiries@ngv.vic.gov.au">ngvenquiries@ngv.vic.gov.au</a> <a href="https://bit.ly/3PYI7R9">bit.ly/3PYI7R9</a>
See the website for up-to-date event information and scheduling or call 8620 2222 from 9am to 5pm Monday to Sunday.		

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Parliament of Victoria <b>Parliament public tour</b>	Explore and learn all about Parliament House. Full and express tours available. Contact the organiser to confirm event times. <b>\$ Free</b>
<b>RMIT Gallery</b>	This public art gallery presents an engaging program of contemporary exhibitions, featuring emerging and established artists and curators. <b>\$ Free</b>
St Michael's Uniting Church <b>Thursday Lunchtime Organ Recital</b>	Every Thursday, the church doors open and the grand organ comes to life with performances from St Michael's organist Rhys Boak and guest artists. <b>\$ Free</b>

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Monday to Friday</b> Tours at 9.30am, 12pm, 1pm, 3pm and 4pm	<b>East Melbourne</b> Parliament House Spring Street 🚊 Tram No. 35, 86, 96	9651 8911 <a href="mailto:info@parliament.vic.gov.au">info@parliament.vic.gov.au</a> <a href="http://new.parliament.vic.gov.au/visit/public-tour">new.parliament.vic.gov.au/visit/public-tour</a>
<b>Tuesday to Friday</b> 11am to 5pm <b>Saturday</b> 12.30pm to 5pm	<b>CBD Hoddle Grid</b> 344 Swanston Street 🚊 Tram No. 1, 16, 3/3a, 5, 6, 64, 67, 72, 30, 35	9925 1717 <a href="mailto:rmit.gallery@rmit.edu.au">rmit.gallery@rmit.edu.au</a> <a href="http://rmitgallery.com">rmitgallery.com</a>
<b>Thursday</b> 1pm to 1.30pm	<b>CBD Hoddle Grid</b> St Michael's Uniting Church 120 Collins Street 🚊 Tram No. 109, 11, 12, 48	9654 5120 <a href="mailto:office@stmichaels.org.au">office@stmichaels.org.au</a> <a href="http://stmichaels.org.au">stmichaels.org.au</a>

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State Library Victoria <b>History of the Library Tour</b>	Discover this library's fascinating history and explore some of the many iconic spaces with a one-hour tour, hosted by passionate volunteers. Bookings required. 💰 <b>Free</b>
<b>The Old Treasury Building</b>	One of Melbourne's finest 19th century buildings, this museum showcases the history of Melbourne and Victoria. 💰 <b>Free</b>
<b>U3A Melbourne City</b>	Get creative and explore Melbourne's heritage and contemporary art spaces with a range of arts and culture programming from U3A Melbourne City. Whether you're furthering your artistic skills or exploring a love for the arts, there is something for everyone. Held across various venues, dates and times, an annual membership fee applies to access a series of creative programming, including: <b>Let's Do Drawing, Galleries and Museums and Photography</b> 💰 <b>\$95 annual membership</b>

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Daily</b> 10.30am and 2.30pm	<b>CBD Hoddle Grid</b> State Library Victoria 328 Swanston Street 🚊 Tram No. 30, 35, 1, 16, 3/3a, 5, 6, 64, 67, 72	8664 7000 <a href="mailto:inquiries@slv.vic.gov.au">inquiries@slv.vic.gov.au</a> <a href="http://slv.vic.gov.au/whats-on/history-library-tour">slv.vic.gov.au/whats-on/history-library-tour</a>
<b>Sunday to Friday</b> 10am to 4pm	<b>East Melbourne</b> Old Treasury Building 20 Spring Street 🚊 Tram No. 11, 12, 35, 48, 109, 86, 96	9651 2233 <a href="http://oldtreasurybuilding.org.au">oldtreasurybuilding.org.au</a>
<b>Monday to Friday</b> 10am to 4pm	<b>CBD Hoddle Grid</b> Suite 1, Level 5, 168 Lonsdale Street 🚊 Tram No. 30, 35, 86, 96	9639 5209 <a href="mailto:office@u3amelbcity.org.au">office@u3amelbcity.org.au</a> <a href="http://u3amelbcity.org.au">u3amelbcity.org.au</a>

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ORGANISER/ ACTIVITY	DESCRIPTION
University of Melbourne <b>Buxton Contemporary Gallery</b>	Exhibition of Buxton contemporary art collection plus floor talks, workshops and performance programs. 💰 <b>Free entry, ticketed events</b>
University of Melbourne <b>Ian Potter Museum of Art</b>	The Ian Potter Museum of Art is the largest university-based museum in Australia, home to the University's Art Collection, exhibitions and events. After undergoing a major redevelopment, the new museum will launch in 2024. 💰 <b>Free</b>
<b>Western Suburbs Organ Club</b>	Join in special organ concerts and enjoy a supper in a friendly atmosphere. 💰 <b>\$8</b>

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Wednesday to Sunday</b> 11am to 5pm	<b>Southbank</b> University of Melbourne Corner Southbank Boulevard & Dodds Street 🚊 Tram No 1, 16, 3/3a, 5, 6, 64, 67, 72	9035 9339 <a href="mailto:contemporary@unimelb.edu.au">contemporary@unimelb.edu.au</a> <a href="http://buxtoncontemporary.com">buxtoncontemporary.com</a>
Check the website for opening times.	<b>Parkville</b> The Ian Potter Museum of Art The University of Melbourne Swanston Street 🚊 Tram No. 1, 16, 3/3a, 5, 6, 64, 67, 72	8344 5148 <a href="mailto:potter-info@unimelb.edu.au">potter-info@unimelb.edu.au</a> <a href="http://art-museum.unimelb.edu.au">art-museum.unimelb.edu.au</a>
<b>Second Monday of the month</b> 1pm to 4pm	<b>Kensington</b> Kensington Neighbourhood Centre 18 Anthony Street 🚊 Tram No. 57	0407 853 958 <a href="mailto:healthyageing@melbourne.vic.gov.au">healthyageing@melbourne.vic.gov.au</a>

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### 3. HEALTH AND WELLBEING

City of Melbourne provides opportunities for exercise, stress reduction and access to fresh produce to help you thrive and stay well.

Our recreation centres, community hubs, tennis clubs and golf courses offer many options to help keep your body and mind active.



### Recreation centres

Our recreation centres provide a wide range of options to keep you active and healthy. Please check centre websites for up to date scheduling. Our Active Melbourne reciprocal rights program means members have access to selected facilities across Active Melbourne recreation centres.

ORGANISER/ ACTIVITY	DESCRIPTION
Active Melbourne <b>Carlton Baths</b>	Carlton Baths offers members and visitors a range of facilities and services, including over 60s group fitness classes each week and a 25 metre outdoor pool which is open from October to April. Casual and ongoing memberships are available.
Active Melbourne <b>Melbourne City Baths</b>	Melbourne City Baths provides health and fitness services to the community. It is home to the largest indoor swimming pool in the CBD, as well as a gym, multiple fitness studios, squash courts, Reformer Pilates beds and much more. An array of tailored classes for older adults focusing on strength, agility and stability are on offer.

The YMCA Open Doors program can provide financial assistance for people who are unable to access some facilities.

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Monday to Friday</b> 6am to 10pm  <b>Saturday to Sunday</b> 8am to 8pm	<b>Carlton</b> 248 Rathdowne Street  Tram No. 1, 6	9347 3677 <a href="mailto:carltonbaths@ymca.org.au">carltonbaths@ymca.org.au</a> <a href="http://carltonbaths.ymca.org.au">carltonbaths.ymca.org.au</a>
<b>Monday to Thursday</b> 6am to 10pm  <b>Friday</b> 6am to 8pm  <b>Saturday to Sunday</b> 8am to 6pm	<b>CBD Hoddle Grid</b> 420 Swanston Street  Tram No. 1, 3/3a, 5, 6, 16, 64, 67, 72	9658 9011 <a href="mailto:mcb@melbourne.vic.gov.au">mcb@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/mcb">melbourne.vic.gov.au/mcb</a>

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ORGANISER/ ACTIVITY	DESCRIPTION
Active Melbourne <b>North Melbourne Community Centre</b>	If you want to focus on your health and fitness, this is the place to be, with gym facilities, group fitness classes, stadium space and meeting rooms on offer. The friendly team can help you reach your fitness goals. Memberships are available with a focus on resistance training and functional strength activities.
Active Melbourne <b>North Melbourne Recreation Centre</b>	Push your health and fitness further with our gym facilities, pool and group fitness classes. We run a variety of group fitness and stadium programs all year and our outdoor pools are open in summer. You can also participate in one-on-one personal training, improve your lap swimming technique or learn to swim for the first time.

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Monday to Friday</b> 6am to 9pm  <b>Saturday to Sunday</b> 8am to 5pm	<b>North Melbourne</b> 49-53 Buncle Street	9320 4700 <a href="mailto:nmcc@ymca.org.au">nmcc@ymca.org.au</a> <a href="http://nmcc.ymca.org.au">nmcc.ymca.org.au</a>
<b>Monday to Thursday</b> 6am to 9pm  <b>Saturday to Sunday</b> 8am to 6pm	<b>North Melbourne</b> 204-206 Arden Street	9658 9444 <a href="mailto:nmrc@ymca.org.au">nmrc@ymca.org.au</a> <a href="http://nmrc.ymca.org.au">nmrc.ymca.org.au</a>

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## Active Melbourne support for older people



## Prime membership

Our Prime membership, exclusively for people aged 60 and above, is thoughtfully designed to foster fitness, strength and overall healthy ageing.

Benefit from personalised guidance from our expert fitness instructors, including access to tailored programming and regular consultations. Engage in a diverse range of classes such as Circuit, Pilates, Reformer Pilates, Zumba Gold, and Water Workout. **Contact your local recreation centre for more information.**



## Adult swimming lessons

Dive into our adult swimming lessons designed to support older people seeking to improve confidence, skills and safety when in the water. It is never too late to learn to swim and our adult lessons cater to all, regardless of your age or proficiency. **Contact your local recreation centre for more information.**

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ORGANISER/ ACTIVITY	DESCRIPTION
Active Melbourne <b>Flagstaff Gardens Tennis Courts</b>	Flagstaff Gardens Tennis Courts is made up of multi-purpose sports courts and can cater to a range of sports including netball, tennis and futsal. The courts are available to hire for regular or casual bookings. <b>\$ \$21.80 per court, per hour (off-peak)</b> <b>\$ \$31.60 per court, per hour (peak)</b>
Active Melbourne <b>Royal Park Golf Course</b>	Providing a range of offerings for older people including discount green fees, beginner golf clinics with our PGA professionals (starting at \$30 per session with all equipment provided) and regular, free active and wellness sessions. <b>\$ \$15 seniors green fees</b>
Active Melbourne <b>Kensington Town Hall</b>	Active Melbourne delivers group fitness classes at the town hall, including Young at Heart. This is a low or medium intensity group fitness session designed to improve mobility, strength and posture for older adults, as well as social connection.

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Monday to Friday</b> 6am to 5pm  <b>Saturday to Sunday</b> 6am to 10pm	<b>West Melbourne</b> 309-311 William Street  Tram No. 58, 30, 35	8622 4822 <a href="mailto:docklands.hub@ymca.org.au">docklands.hub@ymca.org.au</a> <a href="http://activemelbourne.ymca.org.au/venues/flagstaff-gardens-tennis-courts">activemelbourne.ymca.org.au/venues/flagstaff-gardens-tennis-courts</a>
<b>Daily</b> 6.30am to 8.30pm	<b>Parkville</b> 11 Old Poplar Road  Tram No. 19	9387 1326 <a href="mailto:info@royalparkgolf.com.au">info@royalparkgolf.com.au</a> <a href="http://royalparkgolf.com.au">royalparkgolf.com.au</a>
<b>Monday to Friday</b> 9am to 5pm	<b>Kensington</b> 30-34 Bellair Street  Tram No. 57	9372 5315 <a href="mailto:kensingtontownhall@ymca.org.au">kensingtontownhall@ymca.org.au</a> <a href="http://activemelbourne.ymca.org.au/venues/kensington-town-hall">activemelbourne.ymca.org.au/venues/kensington-town-hall</a>

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ORGANISER/ ACTIVITY	DESCRIPTION
Docklands Yacht Club <b>Community Sailing</b>	Take part in community sailing days, held all year round unless there is a gale warning. Step into a sturdy, easy-to-operate boat. All ages, abilities and experience are welcome. <b>\$ \$35 per boat (two-person occupancy)</b>

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Second and fourth Sunday of the month</b> 11am to 4pm	<b>Docklands</b> 912 Collins Street (adjacent to Library at the Dock) 🚊 Tram No. 11, 48	<a href="mailto:docklandsyachtclub@gmail.com">docklandsyachtclub@gmail.com</a> <a href="http://docklands.yachting.org.au">docklands.yachting.org.au</a>



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ORGANISER/ ACTIVITY	DESCRIPTION
<b>Fed Free Workshops</b>	Live and learn with Fed Free Workshops, a deluxe masterclass program. Choose from a limited edition series, a selection of weekly year-long classes, or attend them all.
<b>Fed Free Workshops</b>	
<b>Tai chi</b>	Exercise your mind, body and soul in an inspiring location to start your week with a qualified tai chi instructor.
<b>Lunchtime Meditation</b>	Escape the stress of modern life and discover the peace of meditation for yourself with these free 30-minute sessions, suitable for beginners and regulars alike.
<b>Morning Meditation</b>	Stay calm in the city, learn how to maintain a peaceful attitude to life and reduce daily stress. These 30-minute meditation sessions are suitable for beginners and regulars alike.
<b>Gentle Dancers</b>	Learn the fine art of gentle Chinese dancing under the high ceiling of Fed Square's Atrium. The class begins with a warm up and stretches before taking you through the movements of this ancient dance.

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Various times and days</b>	<b>CBD Hoddle Grid</b> Fed Square, The Atrium 🚊 Tram No. 1, 3/3a, 5, 6, 16, 64, 67, 72, 35, 70, 75	9655 1900 <a href="mailto:info@fedsquare.com">info@fedsquare.com</a> <a href="https://fedsquare.com/fed-free-workshops">fedsquare.com/fed-free-workshops</a>
<b>Tuesday</b> 7.30am to 8.30am		
<b>Tuesday</b> 12.30pm to 1pm		
<b>Thursday</b> 7.30am to 8am		
<b>Thursday</b> 10am to 4pm		

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ORGANISER/ ACTIVITY	DESCRIPTION
<b>Laughter Clubs Victoria</b>	Come along and have a laugh. The natural high will increase positivity, manage stress and enhance your mind, body and social wellbeing.
<b>Parkville Tennis Club Social Seniors Tennis</b>	If you're a beginner or getting back into tennis, come and enjoy a social hit. Suitable for all skill levels and held each week, weather permitting. Anyone over the age of 35 is welcome. Racquets are available for loan. <b>\$ Free (first four sessions, then \$5 per session)</b>
The Centre <b>Intro to Pilates</b>	Pilates aims to improve body awareness and strengthen postural muscles. This class caters for all levels with further class levels available to suit your ability. <b>\$ \$21</b> <b>\$ \$15.50 concession</b>
The Centre <b>Older Adults Exercise Class</b>	A general strengthening class for those aged 60 and older. Includes low impact aerobics, balance and strengthening exercises. Suitable for all abilities. <b>\$ \$21</b> <b>\$ \$15.50 concession</b>

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Various times and days</b>	Various locations	0431 166 002 <a href="mailto:info@laughterclubsvic.org.au">info@laughterclubsvic.org.au</a> <a href="http://laughterclubsvic.org.au">laughterclubsvic.org.au</a>
	<b>CBD Hoddle Grid</b>	
	<b>Docklands</b>	
	<b>Southbank</b>	
	<b>South Yarra</b>	
<b>Wednesday</b> 9am to 11.30am	<b>Parkville</b> 151 Royal Parade  Tram No. 19	0412 279 156 <a href="http://tennis.com.au/parkvilletc">tennis.com.au/parkvilletc</a>
<b>Wednesday</b> 9.15am to 10.15am	<b>North Melbourne</b> Legion Hall, George Johnson Lane  Tram No. 57	9328 1126 <a href="mailto:admin@centre.org.au">admin@centre.org.au</a> <a href="http://centre.org.au">centre.org.au</a>
<b>Monday</b> 11am to 12pm	<b>West Melbourne</b> West Melbourne Baptist Community Centre  Tram No. 57	9328 1126 <a href="mailto:admin@centre.org.au">admin@centre.org.au</a> <a href="http://centre.org.au">centre.org.au</a>

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ORGANISER/ ACTIVITY	DESCRIPTION
The Centre <b>Older Adults Exercise Classs</b>	A general strengthening class for those aged 60 and older. Includes low impact aerobics, balance and strengthening exercises. Suitable for all abilities. 💰 \$21 💰 \$15.50 concession
<b>U3A Melbourne City</b>	Elevate your wellness with U3A Melbourne City's array of "Let's Do" social and physical programs. These initiatives offer older people a chance to socialise and stay active, with some programs taking advantage of Melbourne's vibrant parklands. An annual membership fee applies to access a series of activities that bring vitality to your day, including: <ul style="list-style-type: none"> <li>•Let's Do Cycling, Walks, Golf, Lawn Bowls</li> <li>•Scottish country dancing</li> <li>•Circle dancing</li> <li>•Yoga.</li> </ul> 💰 \$95 annual membership

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Wednesday</b> 10.30am to 11.30am	<b>North Melbourne</b> Legion Hall, George Johnson Lane 🚊 Tram No. 57	9328 1126 <a href="mailto:admin@centre.org.au">admin@centre.org.au</a> <a href="http://centre.org.au">centre.org.au</a>
<b>Monday to Friday</b> 10am to 4pm	<b>CBD Hoddle Grid</b> Suite 1, Level 5, 168 Lonsdale Street 🚊 Tram No. 30, 35, 86, 96	9639 5209 <a href="mailto:office@u3amelbcity.org.au">office@u3amelbcity.org.au</a> <a href="http://u3amelbcity.org.au">u3amelbcity.org.au</a>

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ORGANISER/ ACTIVITY	DESCRIPTION
<b>Community markets</b>	
<b>Kensington Community Fresh Food Market</b>	This volunteer-led market allows residents, urban farmers and community gardens to bring their locally grown fresh food produce and contribute it, either for sale, a donation or to share. <b>\$ Free entry</b>
<b>Kensington Market</b>	This market highlights the produce and artwork of this wonderful inner-city makers community. Browse an eclectic mix of designer fashion, homemade treats, coffee, homewares, jewellery, kids wear and art. <b>\$ Free entry</b>
<b>Carlton Farmers Market</b>	Enjoy access to a variety of the finest seasonal produce including fresh fruit, vegetables, free range eggs, olives, oil, honey, cheeses, pastries and much more. BYO coffee mug and reusable bags. <b>\$ \$2 voluntary entry donation (card only)</b>
The Community Grocer <b>Carlton Market</b>	This market provides fresh and culturally appropriate produce at affordable prices. <b>\$ Free entry</b>

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>First Saturday of the month</b> 10am to 12pm	<b>Kensington</b> Skinny Park Bellair Street Reserve	<a href="https://bit.ly/3txoWGx">bit.ly/3txoWGx</a>
<b>Third Sunday of the month</b> 10am to 3pm	<b>Kensington</b> Kensington Town Hall 30-34 Bellair Street 🚊 Tram No. 57	0402 752 257 <a href="mailto:info@kensingtonmarket.com.au">info@kensingtonmarket.com.au</a>
<b>Saturday</b> 8am to 1pm	<b>Carlton</b> 6054/60 Lee Street, Carlton North (Entrance at O'Grady Street) 🚊 Tram No. 96	0499 448 860 <a href="http://mfm.com.au">mfm.com.au</a>
<b>Fridays</b> 8am to 12pm	<b>Carlton</b> Carlton Public Housing Estate 510 Lygon Street 🚊 Tram No. 1, 6	<a href="http://thecommunitygrocer.com.au/carlton">thecommunitygrocer.com.au/carlton</a>

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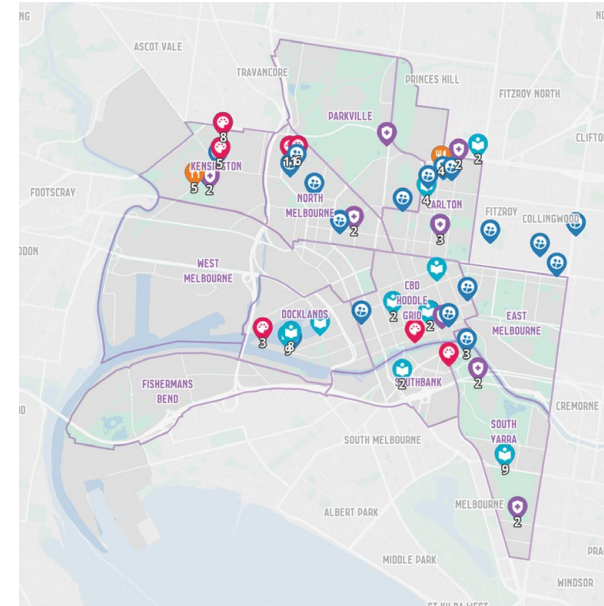
## Accessing health and wellbeing services in your local neighbourhood



### Community Food Guide

City of Melbourne's Community Food Guide is a resource for anyone in the community who needs information about how to access affordable, fresh and healthy food. Visit the website to explore an interactive community food map and to access a digital copy of the food guide.

[melbourne.vic.gov.au/communityfoodguide](https://melbourne.vic.gov.au/communityfoodguide)



### Wellbeing and Connection Map

Explore City of Melbourne's Wellbeing and Connection Map, your guide to local activities, services, and programs that foster community engagement, combat loneliness, and support mental health. This digital map simplifies access to diverse initiatives across categories like health, arts, education, social groups, gardening and food, ensuring everyone, regardless of age or background finds a welcoming and supportive space in our vibrant community.

[melbourne.vic.gov.au/wellbeingconnectionmap](https://melbourne.vic.gov.au/wellbeingconnectionmap)



## 4. LIFELONG LEARNING

Opportunities to learn new things, or discover more on a topic of interest, are abundant in the City of Melbourne. Experience the benefits of lifelong learning in friendly and welcoming environments.






## City of Melbourne Libraries

Libraries are a big part of the reason that Melbourne is a great place to age. Our libraries are located throughout the City of Melbourne and offer a wide range of services, groups and support for older people.

ORGANISER/ ACTIVITY	DESCRIPTION
City of Melbourne <b>City Library</b>	Located near bustling Degraves Street and co-located with the Centre for Adult Education (CAE), City Library is Victoria's busiest public lending library. The library has become a major destination and meeting place for residents, workers, students and visitors.











Book groups, tech help, information and 'Book a Librarian' are just a few of the services our libraries have on offer. Visit your local branch today.

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Monday to Friday</b> 9am to 6pm  <b>Saturday</b> 10am to 4pm  <b>Sunday</b> 12pm to 4pm	<b>CBD Hoddle Grid</b> 253 Flinders Lane  Tram No. 1, 3/3a, 5, 6, 16, 64, 67, 72, 35, 70, 75	9658 9500 <a href="mailto:library@melbourne.vic.gov.au">library@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/libraries">melbourne.vic.gov.au/libraries</a>

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ORGANISER/ ACTIVITY	DESCRIPTION
City of Melbourne <b>East Melbourne Library</b>	Stylish and inviting, East Melbourne Library is one of Australia's most ecologically sustainable public libraries. It offers plenty of quiet study space, a north-facing deck with community herb garden, as well as a fresh and well-maintained collection of books, magazines and movies.
City of Melbourne <b>Kathleen Syme Library and Community Centre</b>	Kathleen Syme is home to a comprehensive library, meeting and multi-purpose rooms, a computer lab, makerspace, recording studio, cafe and free wi-fi. There are activities and events for people of all ages, including our regular Social Support Group and Tech Connect for older people.

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Monday to Thursday</b> 10am to 6pm  <b>Friday</b> 1pm to 6pm  <b>Saturday</b> 10am to 1pm  <b>Sunday</b> 12pm to 4pm	<b>East Melbourne</b> 122 George Street  Tram No. 48, 75	9658 9600 <a href="mailto:library@melbourne.vic.gov.au">library@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/libraries">melbourne.vic.gov.au/libraries</a>
<b>Monday to Thursday</b> 10am to 6pm  <b>Friday</b> 1pm to 6pm  <b>Saturday</b> 10am to 4pm  <b>Sunday</b> 12pm to 4pm	<b>Carlton</b> 251 Faraday Street  Tram No. 1, 3/3a, 5, 6, 16, 64, 67, 72	9658 7300 <a href="mailto:library@melbourne.vic.gov.au">library@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/libraries">melbourne.vic.gov.au/libraries</a>

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ORGANISER/ ACTIVITY	DESCRIPTION
City of Melbourne <b>Library at The Dock</b>	Located on the waterfront, Library at The Dock is a next-generation library and community hub. As well as the library collection, there is a recording studio, makerspace, creative editing suites, community spaces and a large performance venue. A gallery and exhibition space celebrates Docklands' heritage.
City of Melbourne <b>narm ngarrgu Library and Family Services</b>	narm ngarrgu Library and Family Services is located in the heart of the Queen Victoria Market precinct. Pop in to browse the extensive book collection, admire the artworks or explore your creativity in the makerspace with 3D printers, laser cutters, paint booths, sewing machines and sound studios. The library also offers digital literacy classes so you can learn how to use software and online platforms.

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Monday to Thursday</b> 10am to 6pm  <b>Friday</b> 1pm to 6pm  <b>Saturday</b> 10am to 4pm  <b>Sunday</b> 12pm to 4pm	<b>Docklands</b> 107 Victoria Harbour Promenade  Tram No. 11, 48	9658 9998 <a href="mailto:library@melbourne.vic.gov.au">library@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/libraries">melbourne.vic.gov.au/libraries</a>
<b>Monday to Thursday</b> 10am to 7pm  <b>Friday</b> 10am to 6pm  <b>Saturday</b> 10am to 4pm  <b>Sunday</b> 12pm to 4pm	<b>CBD Hoddle Grid</b> 141 Therry Street  Tram No. 19, 57, 59	9322 3700 <a href="mailto:library@melbourne.vic.gov.au">library@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/libraries">melbourne.vic.gov.au/libraries</a>

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ORGANISER/ ACTIVITY	DESCRIPTION
City of Melbourne <b>North Melbourne Library</b>	One of the longest established libraries in Victoria. Since 1905 it has provided a free public lending service to the City of Melbourne.
City of Melbourne <b>Southbank Library / Boyd Community Hub</b>	Boyd Community Hub is home to Southbank Library, family support services, playgroups and bookable spaces for meetings and events.

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Monday to Thursday</b> 10am to 6pm  <b>Friday</b> 1pm to 6pm  <b>Saturday</b> 10am to 4pm  <b>Sunday</b> 12pm to 4pm	<b>North Melbourne</b> 66 Errol Street  Tram No. 57	9658 9700 <a href="mailto:library@melbourne.vic.gov.au">library@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/libraries">melbourne.vic.gov.au/libraries</a>
<b>Monday to Thursday</b> 10am to 6pm  <b>Friday</b> 1pm to 6pm  <b>Saturday</b> 10am to 1pm  <b>Sunday</b> 12pm to 4pm	<b>Southbank</b> 207 City Road  Tram No. 58	9658 8314 <a href="mailto:boyd@melbourne.vic.gov.au">boyd@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/libraries">melbourne.vic.gov.au/libraries</a>

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## City of Melbourne Libraries programs and services



### Book a Librarian

Our librarians can help you with accessing eBooks and eAudiobooks, researching a subject, using library apps on your tablet or smartphone, setting up an email account, creating a myGov account or finding your next great read.

9658 9500

[melbourne.vic.gov.au/bookalibrarian](https://melbourne.vic.gov.au/bookalibrarian)

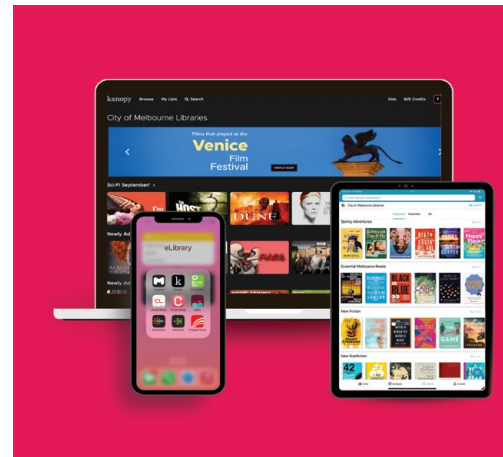


### English Conversation Club

Meet new people and improve your English language skills in an informal setting. Sessions run online via Zoom and in person at City Library, Southbank Library and Kathleen Syme Library. All sessions are free and bookings are essential. There is also an English Learners' Book Club on offer.

[melbourne.vic.gov.au/englishlearning](https://melbourne.vic.gov.au/englishlearning)

[melbourne.vic.gov.au/bookclubs](https://melbourne.vic.gov.au/bookclubs)



### eLibrary

Your Libraries membership gives you access to a range of free online services. Download eBooks and eAudiobooks, skill up with online classes, stream film and music, uncover family history records, read publications, research journal articles and much more. Visit the website or Libraries app to explore for yourself.

[melbourne.vic.gov.au/elibrary](https://melbourne.vic.gov.au/elibrary)



### Makerspaces

Located at Library at The Dock and Kathleen Syme Library and Community Centre, makerspaces have tools and creative technology gear like sewing machines, laser cutters, 3D printers and production equipment. This space encourages makers of all levels who are wanting to do, learn and create more. Book in for a safety induction to gain access to the makerspace.

[melbourne.vic.gov.au/makerspaces](https://melbourne.vic.gov.au/makerspaces)



## Neighbourhood houses

Visit one of your local neighbourhood houses in the City of Melbourne to connect, learn and contribute to local communities through activities, events, classes and volunteering opportunities.

ORGANISER/ ACTIVITY	DESCRIPTION
<b>Carlton Neighbourhood Learning Centre</b>	Take part in a broad and varied program that includes community activities, English language and computer classes, community gardening and other general interest courses.
<b>Kensington Neighbourhood House</b>	Take part in a range of education, art, social groups and health and wellbeing programs. A place to connect, develop skills and break down isolation and other community barriers.
<b>North Melbourne Language &amp; Learning</b>	Take part in English language classes, computer classes and a range of activities that help to build the local community, with a focus on engaging and connecting culturally and linguistically diverse communities.
<b>The Centre</b>	The Centre offers education programs, exercise classes, a community choir, bus trips, monthly drop-in morning teas and walking groups designed to keep you healthy, happy and socially connected.

Neighbourhood houses are about meeting people, having fun, building skills, and celebrating culture and diversity.

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Monday to Friday</b> 9am to 5pm	<b>Carlton</b> 20 Princes Street 🚊 Tram No. 96	9347 2739 <a href="mailto:info@cnlc.org.au">info@cnlc.org.au</a> <a href="http://cnlc.org.au">cnlc.org.au</a>
<b>Monday to Friday</b> 9am to 5pm	<b>Kensington</b> 89 McCracken Street	9376 6366 <a href="mailto:info@kenhouse.org.au">info@kenhouse.org.au</a> <a href="http://kensingtonneighbourhoodhouse.com">kensingtonneighbourhoodhouse.com</a>
<b>Monday to Friday</b> 9am to 5pm	<b>North Melbourne</b> 33 Alfred Street 🚊 Tram No. 57, 59	9326 7447 <a href="mailto:enquiries@nml.org.au">enquiries@nml.org.au</a> <a href="http://nml.org.au">nml.org.au</a>
<b>Monday</b> 10am to 6pm <b>Tuesday to Friday</b> 10am to 3pm	<b>North Melbourne</b> 58 Errol Street 🚊 Tram No. 57	9328 1126 <a href="mailto:admin@centre.org.au">admin@centre.org.au</a> <a href="http://centre.org.au">centre.org.au</a>

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## Other lifelong learning opportunities

ORGANISER/ ACTIVITY	DESCRIPTION
Handknitters Guild <b>Sit and knit</b>	This sit and knit / crochet program caters to all skill levels. Non-member visitors can attend. Bring along some yarn and needles and get help with some basic techniques and tips.
Royal Botanic Gardens Victoria <b>The Explorer</b>	Discover the beauty of this inner-city oasis and enjoy live commentary in the comfort of an open-air minibus. Admire rolling lawns and the stunning living collections at Melbourne Gardens. <b>\$ \$15</b>
Royal Botanic Gardens Victoria <b>Free guided walks</b>	Led by a passionate guide, discover sensational views and the remarkable plant diversity of this sanctuary in the middle of bustling Melbourne. <b>\$ Free</b>
Royal Historical Society of Victoria <b>A Walk in the Flagstaff Gardens</b>	Join expert tour guides on a walk through the beautiful Flagstaff Gardens. Visitors will climb Flagstaff Hill to consider its place in Melbourne's history. Bookings essential. <b>\$ \$10</b>

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>First Sunday of the month</b> 1pm to 5pm	<b>CBD Hoddle Grid</b> Ross House 247-251 Flinders Lane Tram No. 1, 3/3a, 5, 6, 16, 64, 67, 72, 35, 70, 75, 109, 11, 12, 48	9878 3758 <a href="mailto:hkguild@gmail.com">hkguild@gmail.com</a> <a href="https://bit.ly/3GImpDU">bit.ly/3GImpDU</a>
<b>Daily</b> Various times	<b>South Yarra</b> Birdwood Avenue Tram No. 3/3a, 5, 6, 16, 58, 64, 67, 72	9252 2300 <a href="mailto:rbg@rbg.vic.gov.au">rbg@rbg.vic.gov.au</a> <a href="https://rbg.vic.gov.au/melbourne-gardens">rbg.vic.gov.au/melbourne-gardens</a>
<b>Tuesday to Sunday</b> 10.30am	<b>South Yarra</b> Birdwood Avenue Tram No. 3/3a, 5, 6, 16, 58, 64, 67, 72	9252 2300 <a href="mailto:rbg@rbg.vic.gov.au">rbg@rbg.vic.gov.au</a> <a href="https://rbg.vic.gov.au/melbourne-gardens">rbg.vic.gov.au/melbourne-gardens</a>
<b>Saturday to Sunday</b> 1.30pm		
<b>Monday</b> 11am and 2pm	<b>CBD Hoddle Grid</b> Royal Historical Society of Victoria, 239 A'Beckett Street Tram No. 58, 30, 35	9326 9288 <a href="mailto:office@historyvictoria.org.au">office@historyvictoria.org.au</a> <a href="https://historyvictoria.org.au/rhsv-walking-tours">historyvictoria.org.au/rhsv-walking-tours</a>

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ORGANISER/ ACTIVITY	DESCRIPTION
The Centre <b>Out and About Community Walks</b>	Join a special guest with in-depth knowledge of a particular area of North and West Melbourne. Visit those pockets not on your radar or learn about the hidden history of places you walk past every day. Spaces are limited, bookings essential. <b>\$ Free</b>
<b>U3A Melbourne City</b>	Discover a range of lifelong learning opportunities with U3A Melbourne City. Delve into captivating programs covering languages, history, current affairs, literature, brain games, and more. An annual membership fee applies to access a range of enriching courses and programs, including: <ul style="list-style-type: none"> <li>• <b>bridge, chess, mahjong, and Cryptic Crosswords</b></li> <li>• <b>language classes</b></li> <li>• <b>Music for Pleasure</b></li> <li>• <b>Poetry Appreciation.</b></li> </ul> <b>\$ \$95 annual membership</b>

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Last Saturday of the month</b> 10am to 11am	<b>North Melbourne</b> The Centre, 58 Errol Street 🚊 Tram No. 57	9328 1126 <a href="mailto:admin@centre.org.au">admin@centre.org.au</a> <a href="http://centre.org.au">centre.org.au</a>
<b>Monday to Friday</b> 10am to 4pm	<b>CBD Hoddle Grid</b> Suite 1, Level 5, 168 Lonsdale Street 🚊 Tram No. 30, 35, 86, 96	9639 5209 <a href="mailto:office@u3amelbcity.org.au">office@u3amelbcity.org.au</a> <a href="http://u3amelbcity.org.au">u3amelbcity.org.au</a>

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## 5. SOCIAL GROUPS

From morning teas to day trips, woodworking, crafting and volunteering, there are so many opportunities to socialise and meet up with other people who share similar interests. Where days, times and costs are not mentioned, contact the organisers for more information.



ORGANISER/ ACTIVITY	DESCRIPTION
<b>African Elderly Communities Association</b>	Join in meals, outings, cards, afternoon tea and information with other men. Languages spoken by participants are Tigre, Tigrinya and Arabic.
<b>Association of New Elderly</b>	Offers a wide range of activities to support Japanese people and their carers, including singing, reading, meals, yoga and walks.
Australian Multicultural Community Services <b>Planned Activity Group</b>	Cards, karaoke, line dancing, mahjong and excursions for older Chinese people. Language spoken by participants is Cantonese.

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Monday and Thursday</b> 12.30pm to 4pm	<b>North Melbourne</b> Jean McKendry Neighbourhood Centre 91-111 Melrose Street 🚊 Tram No. 57, 59	9328 1665 <a href="mailto:healthyageing@melbourne.vic.gov.au">healthyageing@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/olderpeople">melbourne.vic.gov.au/olderpeople</a>
<b>Various times and days</b>	Various locations	0425 766 485 <a href="mailto:ANEnonprofit@gmail.com">ANEnonprofit@gmail.com</a> <a href="https://facebook.com/ANEAustralia/">facebook.com/ANEAustralia/</a>
	<b>CBD</b>	
	<b>North Melbourne</b>	
	<b>South Yarra</b>	
<b>Friday</b> 9am to 12pm	<b>North Melbourne</b> Jean McKendry Neighbourhood Centre 91-111 Melrose Street 🚊 Tram No. 57, 59	9689 9170 <a href="mailto:info@amcservices.org.au">info@amcservices.org.au</a> <a href="http://amcservices.org.au">amcservices.org.au</a>

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ORGANISER/ ACTIVITY	DESCRIPTION
Australian Romanian Community Welfare <b>Seniors Group</b>	Weekly social lunch and activities for Romanian older people.
<b>CAN Community Support</b>	Serving those in the Carlton community through numerous programs from emergency support to family learning, community meals, a drop-in space and women's groups.
Carlton Neighbourhood Learning Centre <b>Community lunch</b>	Enjoy a two-course hot lunch for people who face challenges in their day-to-day life such as a physical disability, mental health issues or social isolation. Runs during school terms. <b>\$ Free to eligible participants</b>
Carlton Neighbourhood Learning Centre <b>Eritrean Women's group</b>	Information, forums and social support for local older Eritrean women. Includes shared weekly meals, health information and group outings.

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Tuesday</b> 12pm to 4pm	<b>North Melbourne</b> 55 Melrose Street	9348 9066 <a href="mailto:arc@ausromwelfare.net.au">arc@ausromwelfare.net.au</a>
<b>Tuesday to Thursday</b> 10am to 2pm	<b>Carlton</b> 180 Palmerston Street  Tram No. 1, 6	9347 7077 <a href="mailto:contact@cancarlton.org.au">contact@cancarlton.org.au</a>
<b>Thursday</b> 12.30pm to 1.30pm	<b>Carlton</b> 20 Princes Street  Tram No. 96	9347 2739 <a href="mailto:info@cnlc.org.au">info@cnlc.org.au</a> <a href="http://cnlc.org.au">cnlc.org.au</a>
<b>Friday</b> 7pm to 10pm  Outings and activities on various times and days	<b>Carlton</b> 530 Lygon Street Community room, Carlton Housing Estate  Tram No. 1, 6	9347 2739 <a href="mailto:elle@cnlc.org.au">elle@cnlc.org.au</a> <a href="http://cnlc.org.au">cnlc.org.au</a>

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ORGANISER/ ACTIVITY	DESCRIPTION
Carlton Neighbourhood Learning Centre <b>Harari Women's Group</b>	Older members of the Harari community come together to practice cultural traditions and pass them on to the younger generation.
<b>Chinese Arts Association of Melbourne</b>	Singing, dancing, tai chi, Chinese drumming, meals and other social activities. Language spoken by participants is Mandarin.
<b>Chinese Social Centre of North Melbourne</b>	A warm, welcoming and inclusive place for older Chinese people to meet, make friends, develop skills and participate in a range of social activities and information sessions, including: gentle exercise group, women's social group, shared lunch, day trips, English lessons, karaoke, group dancing, handicraft workshop, health and welfare information sessions as well as celebrations of various Chinese Festivals. <b>\$ \$7 annual membership</b>

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Once per month on Saturday</b> 5pm to 8pm	<b>Carlton</b> 20 Princes Street, Carlton North 🚊 Tram No. 96	9347 2739 <a href="mailto:elle@cnic.org.au">elle@cnic.org.au</a> <a href="http://cnic.org.au">cnic.org.au</a>
<b>Tuesday and Friday</b> 12.30 to 4pm	<b>Kensington</b> Kensington Neighbourhood Centre, 18 Anthony Street 🚊 Tram No. 57	9328 1665 <a href="mailto:healthyageing@melbourne.vic.gov.au">healthyageing@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/olderpeople">melbourne.vic.gov.au/olderpeople</a>
	<b>North Melbourne</b> 91-111 Melrose Street 🚊 Tram No. 57, 59	
<b>Monday</b> 9.30am to 4.30pm	<b>North Melbourne</b> Room 1, Ground Floor, 76 Canning Street	0412 285 008 <a href="mailto:info@fsnlc.net">info@fsnlc.net</a> <a href="http://farnhamst.net/chinese-social-centre/">farnhamst.net/chinese-social-centre/</a>
<b>Wednesday to Thursday</b> 9.30am to 3.30pm		

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ORGANISER/ ACTIVITY	DESCRIPTION
City of Melbourne <b>Social Support Group</b>	If you or a loved one is interested in social and recreational activities but needs extra support, we offer a choice of groups to meet individual needs and preferences. The program includes transport, activities, a meal and support from trained and caring staff. Eligibility criteria apply.
cohealth <b>AROT Chinese seniors group</b>	Support and activities for Chinese older people, including individual support, carer support, elder abuse awareness and social activities. Meets at various locations. Contact the organiser to express interest.
cohealth <b>Carlton Women's Turkish Group</b>	Connect and share experiences with other Turkish women.
cohealth <b>Eritrean Men's Group</b>	Take part in cultural events, meals, information and social activities with other men. Languages spoken by participants are Tigre, Tigrinya and Arabic.

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Monday to Friday</b>	<b>Carlton</b> Kathleen Syme Library and Community Centre, 251 Faraday Street 🚊 Tram No. 1, 16, 3/3a, 5, 6, 64, 67, 72	9658 7305 <a href="mailto:healthyageing@melbourne.vic.gov.au">healthyageing@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/olderpeople">melbourne.vic.gov.au/olderpeople</a>
<b>First Tuesday of the month</b> 11am to 1pm	<b>Kensington</b> 12 Gower Street	9448 6874 <a href="mailto:margaret.yung@cohealth.org.au">margaret.yung@cohealth.org.au</a> <a href="http://cohealth.org.au">cohealth.org.au</a>
<b>First Tuesday of the month</b> 12pm to 4pm	<b>Carlton</b> Community Hall Ground Floor, 510 Lygon Street 🚊 Tram No. 1, 6	9448 6792 <a href="mailto:maria.ibrahim@cohealth.org.au">maria.ibrahim@cohealth.org.au</a> <a href="http://cohealth.org.au">cohealth.org.au</a>
<b>First Thursday of the month</b> 5pm to 8pm	<b>Carlton</b> Community Hall Ground Floor, 510 Lygon Street 🚊 Tram No. 1, 6	9448 6792 <a href="mailto:maria.ibrahim@cohealth.org.au">maria.ibrahim@cohealth.org.au</a> <a href="http://cohealth.org.au">cohealth.org.au</a>




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ORGANISER/ ACTIVITY	DESCRIPTION
<b>Elderly Greek Club of Kensington and Flemington Inc.</b>	Weekly get together with meals, bingo, other games and occasional outings for Greek-speaking older people.
<b>Horn of Africa Senior Women's Group</b>	Join in meals, outings and exercise with other women. Languages spoken by participants are Tigre, Tigrinya and Arabic.
<b>Indo-China Ethnic Chinese Association of Victoria</b>	Monthly meals, social activities, special events and English classes for older Chinese people.
Kensington Neighbourhood House <b>Vietnamese and Indochinese Elders Social Group</b>	Fortnightly meeting for older Vietnamese people. Activities include day trips, gentle exercise, health and wellbeing presentations and a Vietnamese lunch. Bookings are essential. <b>\$ \$25 per year</b>

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Friday</b> 9am to 3pm	<b>Kensington</b> Kensington Neighbourhood Centre 18 Anthony Street 🚊 Tram No. 57	9376 9743 <a href="mailto:healthyageing@melbourne.vic.gov.au">healthyageing@melbourne.vic.gov.au</a>
<b>Wednesday</b> 10am to 4pm	<b>Kensington</b> Kensington Neighbourhood Centre 18 Anthony Street 🚊 Tram No. 57	9376 9743 <a href="mailto:healthyageing@melbourne.vic.gov.au">healthyageing@melbourne.vic.gov.au</a>
<b>Every third Tuesday</b> Other celebrations based on Chinese calendar	<b>CBD Hoddle Grid</b> Meals at Chine on Paramount, Little Bourke Street 🚊 Tram No. 35, 86, 96	<a href="mailto:henryktq@hotmail.com">henryktq@hotmail.com</a>
<b>Every second Thursday</b> 10am to 12pm	<b>Kensington</b> Kensington Neighbourhood House 89 McCracken Street	9376 6366 <a href="mailto:info@kenhouse.org.au">info@kenhouse.org.au</a> <a href="http://kensingtonneighbourhoodhouse.com">kensingtonneighbourhoodhouse.com</a>

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ORGANISER/ ACTIVITY	DESCRIPTION
Kensington Neighbourhood House <b>Wednesday Social Group</b>	Weekly social gathering in the company of a friendly group of older people. Offering friendship, meals, outings, bingo and other activities.
<b>Melbourne Line Dancing Group</b>	Weekly exercise and dance sessions for people over the age of 55 to stay fit and socially connected.
<b>Melrose Art Group</b>	Take part in weekly painting and craft activities for older people from all cultural backgrounds.
<b>North Melbourne Chinese Association</b>	Social support and activities including dancing, mahjong, cards and singing.

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Wednesday</b> 12.30pm to 2pm	<b>Kensington</b> Kensington Neighbourhood House 89 McCracken Street	9376 6366 <a href="mailto:info@kenhouse.org.au">info@kenhouse.org.au</a> <a href="http://kensingtonneighbourhoodhouse.com">kensingtonneighbourhoodhouse.com</a>
<b>Thursday</b> 10.30am to 1pm	<b>CBD Hoddle Grid</b> The Atrium at Federation Square  Tram No. 1, 3/3a, 5, 6, 16, 64, 67, 72, 35, 70, 75	<a href="mailto:mldgi.team@gmail.com">mldgi.team@gmail.com</a> <a href="http://mldgi.org">mldgi.org</a>
<b>Monday</b> 10am to 3pm	<b>North Melbourne</b> Jean McKendry Neighbourhood Centre 91-111 Melrose Street  Tram No. 57, 59	9328 1665 <a href="mailto:healthyageing@melbourne.vic.gov.au">healthyageing@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/olderpeople">melbourne.vic.gov.au/olderpeople</a>
<b>Wednesday</b> 9am to 3pm	<b>North Melbourne</b> Jean McKendry Neighbourhood Centre 91-111 Melrose Street  Tram No. 57, 59	9328 1665 <a href="mailto:healthyageing@melbourne.vic.gov.au">healthyageing@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/olderpeople">melbourne.vic.gov.au/olderpeople</a>

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ORGANISER/ ACTIVITY	DESCRIPTION
Prahran Place Neighbourhood Centre <b>Men's Group</b>	A social group for older men to get together for coffee, conversation and occasional outings.
<b>Probus Clubs</b>	
<b>Carlton Gardens Probus Club</b>	Opportunities for retired and semi-retired people to keep their minds active, enjoy the fellowship of old and new friends and maintain and expand interests.
<b>Carlton Parkville Probus Club</b>	Clubs offer interest groups running at various times and meet monthly on the schedule listed.
<b>Melbourne Bearbrass Probus Club</b>	
<b>Melbourne Sunrise Probus Club</b>	

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>First Wednesday of the month</b> 1pm to 4pm	<b>South Yarra</b> South Yarra Senior Citizens Centre, 65 Toorak Road West 🚊 Tram No. 58	9820 2760 <a href="mailto:healthyageing@melbourne.vic.gov.au">healthyageing@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/olderpeople">melbourne.vic.gov.au/olderpeople</a>
<b>First Tuesday of the month</b> 10am	<b>Carlton</b> The Clyde Hotel, 385 Cardigan Street 🚊 Tram No.1, 3/3a, 5, 6, 16, 64, 67, 72	0408 530 017 <a href="mailto:carltongardensprobus@gmail.com">carltongardensprobus@gmail.com</a> <a href="http://probussouthpacific.org/microsites/carltongardens">probussouthpacific.org/microsites/carltongardens</a>
<b>Second Tuesday of the month</b> 10am to 12pm	<b>Carlton</b> Graduate House, 220 Leicester Street 🚊 Tram No.1, 3/3a, 5, 6, 16, 64, 67, 72	<a href="mailto:probuscarltonparkville@gmail.com">probuscarltonparkville@gmail.com</a> <a href="http://probussouthpacific.org/microsites/CarltonParkville">probussouthpacific.org/microsites/CarltonParkville</a>
<b>Second Tuesday of the month</b> 10am	<b>Docklands</b> Library at the Dock 107 Victoria Harbour Promenade 🚊 Tram No. 11, 48	0407 787 117 <a href="mailto:bearbrassprobus@gmail.com">bearbrassprobus@gmail.com</a> <a href="http://bearbrassprobus.org/">bearbrassprobus.org/</a>
<b>First Thursday of the month</b> 10.30am	<b>Docklands</b> Community Hub at the Dock 912 Collins Street 🚊 Tram No. 11, 48	0402 217 122 <a href="mailto:myrjmmail@icloud.com">myrjmmail@icloud.com</a> <a href="http://clubrunner.ca/mspc">clubrunner.ca/mspc</a>

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ORGANISER/ ACTIVITY	DESCRIPTION
<b>Slavic Women's Group 'Nase Zene'</b>	Socialise and share meals, celebrations, outings and information. Language spoken by participants is Serbo-Croatian.
<b>Spanish (Speaking) Elderly Group of North Melbourne</b>	Enjoy meals, arts and crafts, outings and social activities.
<b>St Nicholas Antiochian Orthodox Church Senior Citizens Group</b>	Regular meeting with activities including information sessions, exercises, games, meals and outings for older people. Language spoken is Arabic.
<b>The Centre Men's Afternoon Tea</b>	Gather with men from North Melbourne. Get to know each other over some food and a cup of tea, hear about what's happening in North Melbourne and enable bonding over shared experience. <b>\$ Free</b>

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Thursday</b> 9am to 2pm	<b>North Melbourne</b> Jean McKendry Neighbourhood Centre 91-111 Melrose Street  Tram No. 57, 59	9328 1665 <a href="mailto:healthyageing@melbourne.vic.gov.au">healthyageing@melbourne.vic.gov.au</a>
<b>Tuesday</b> 9.30am to 2.30pm	<b>North Melbourne</b> Jean McKendry Neighbourhood Centre 91-111 Melrose Street  Tram No. 57, 59	9328 1665 <a href="mailto:healthyageing@melbourne.vic.gov.au">healthyageing@melbourne.vic.gov.au</a> <a href="http://melbourne.vic.gov.au/olderpeople">melbourne.vic.gov.au/olderpeople</a>
<b>Every second Tuesday</b> 11am to 2pm	<b>East Melbourne</b> 176 Simpson Street  Tram No. 109, 12	0411 811 468 <a href="http://stnicholas.org.au">stnicholas.org.au</a>
<b>Every second Thursday</b> 3.30pm to 5pm	<b>North Melbourne</b> 58 Errol Street  Tram No. 57	9328 1126 <a href="mailto:admin@centre.org.au">admin@centre.org.au</a> <a href="http://centre.org.au">centre.org.au</a>

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■ North Melbourne ■ Parkville ■ Southbank ■ South Yarra ■ West Melbourne

ORGANISER/ ACTIVITY	DESCRIPTION
The Centre <b>Music Club</b>	Bring your current favourite music track. Share what you love about it and expand your musical knowledge by listening to others. Every genre is welcome. Bring your own dinner. <b>\$ Free</b>
The Centre <b>Seniors Morning Tea</b>	Join this group of multicultural older adults for an informal chat over morning tea - a place where friendships can flourish. Sometimes with a guest speaker. <b>\$ \$5</b>
The Centre <b>Textile Crafternoons</b>	Bring your knitting, crochet, embroidery, weaving, felting or other textile project along, share some skills and enjoy an afternoon tea with fellow enthusiasts. <b>\$ Free</b>
<b>The Federation of Chinese Associations</b>	Offers singing, dancing, information, exercise, meals, festivals and outings for older Chinese people.

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Last Tuesday of the month</b> 6pm to 7.30pm	<b>North Melbourne</b> Legion Hall, George Johnson Lane 🚊 Tram No. 57	9328 1126 <a href="mailto:admin@centre.org.au">admin@centre.org.au</a> <a href="http://centre.org.au">centre.org.au</a>
<b>First Tuesday of the month</b> 10am to 11.30am	<b>North Melbourne</b> 58 Errol Street 🚊 Tram No. 57	9328 1126 <a href="mailto:admin@centre.org.au">admin@centre.org.au</a> <a href="http://centre.org.au">centre.org.au</a>
<b>Every second Thursday</b> 3.30pm to 5pm	<b>North Melbourne</b> 58 Errol Street 🚊 Tram No. 57	9328 1126 <a href="mailto:admin@centre.org.au">admin@centre.org.au</a> <a href="http://centre.org.au">centre.org.au</a>
<b>Various times and days</b>	<b>Docklands</b> 1418/401 Docklands Drive 🚊 Tram No. 35, 70, 86	9650 6468 <a href="mailto:info@vicfca.org.au">info@vicfca.org.au</a> <a href="http://vicfca.org.au">vicfca.org.au</a>

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 ■ Docklands 
 ■ East Melbourne 
 ■ Kensington  
■ North Melbourne 
 ■ Parkville 
 ■ Southbank 
 ■ South Yarra 
 ■ West Melbourne

ORGANISER/ ACTIVITY	DESCRIPTION
<b>U3A Melbourne City</b>	U3A Melbourne City provides a range of initiatives offering older people a chance to socialise and remain connected. Held across various venues, dates and times, an annual membership fee applies and gives access to a series of engaging social groups, including: <b>•Let's Do: movies, weekends and pub lunch</b> <b>💰 \$95 annual membership</b>
Uniting Church Gospel Hall <b>Yee Hong Fellowship</b>	An opportunity for older members to get together, meet new people and make friendships during meals and outings. Language spoken by participants is Mandarin.
<b>Victorian Elderly Chinese Welfare Society Inc.</b>	English classes, tai chi and exercises, Chinese calligraphy and art class, dancing, karaoke, Chinese opera, mahjong, community meals and excursions for older Chinese people.

DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
<b>Monday to Friday</b> 10am to 4pm	<b>CBD Hoddle Grid</b> Suite 1, Level 5, 168 Lonsdale Street 🚊 Tram No. 30, 35, 86, 96	9639 5209 <a href="mailto:office@u3amelbcity.org.au">office@u3amelbcity.org.au</a> <a href="http://u3amelbcity.org.au">u3amelbcity.org.au</a>
<b>Fourth Sunday of the month</b> 11.15am to 12pm	<b>CBD Hoddle Grid</b> Gospel Hall Melbourne 196 Little Bourke Street 🚊 Tram No. 1, 3/3a, 5, 6, 16, 64, 67, 72, 86, 96	9663 6822 <a href="mailto:info@ucghm.org.au">info@ucghm.org.au</a> <a href="http://ucghm.org.au">ucghm.org.au</a>
<b>Various times and days</b>	<b>West Melbourne</b> 187-189 Victoria Street 🚊 Tram No. 57, 58	9329 2258 <a href="mailto:vecwslow@hotmail.com">vecwslow@hotmail.com</a>

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 ■ Southbank 
 ■ South Yarra 
 ■ West Melbourne

## 6. SERVICES AND SUPPORT

This information is a starting point for older people, their carers and families to access the support, information, and services they need. For more information you can also contact Healthy Ageing on 9658 9190 or email [healthyageing@melbourne.vic.gov.au](mailto:healthyageing@melbourne.vic.gov.au)





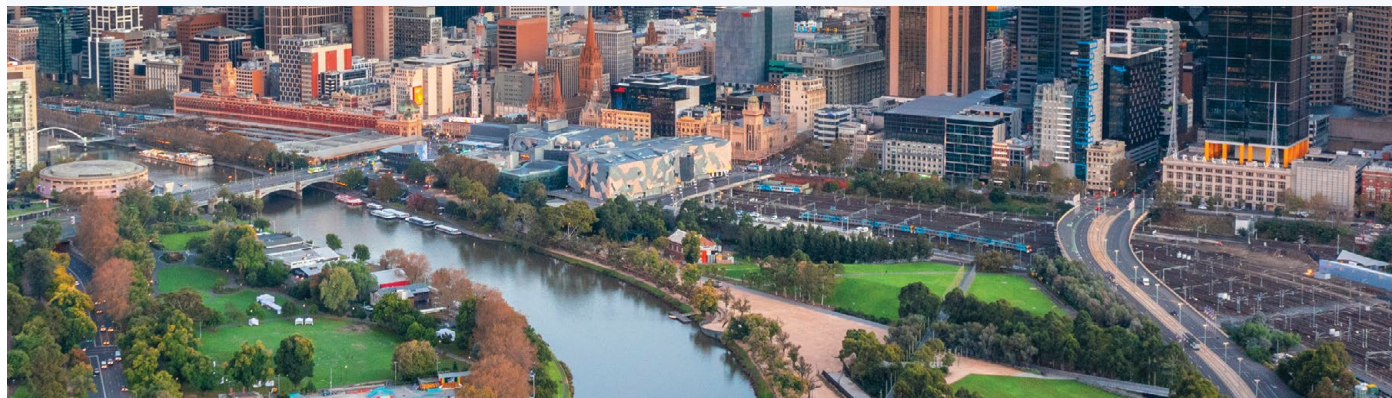
## City of Melbourne

### Customer service

City of Melbourne is here to help. If you need to speak with us please phone. Alternatively, visit our customer service centre at 120 Swanston Street, Melbourne, 8.30am to 5pm, Monday to Friday (public holidays excluded). You can also visit our website to report an issue, submit an enquiry, feedback or complaint, make online payments, or access commonly requested services. We aim to respond within two working days.

**9658 9658**

[melbourne.vic.gov.au](http://melbourne.vic.gov.au)



## My Aged Care

### My Aged Care

If you are 65 years or older (50 years or older for Aboriginal or Torres Strait Islander people) and in need of some help around the home, you may be eligible for Commonwealth subsidised services.

There is a wide range of support available from social connection services to assistance to help maintain your home. This support includes, but is not limited to:

- transport to appointments
- home delivered meals
- mobility aids and equipment to live safely at home
- housework and personal care support
- respite services.

For more information and to arrange an assessment to access services, call or visit the website.

**1800 200 422**

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

## Care finder

### Aged care service navigation

Some older people need extra, intensive support to access aged care services and other assistance in the community.

In these situations, a care finder may be able to help.

North Western Melbourne Primary Health Network offers Care Finder as a free service. It exists to support vulnerable people – who have no one else who can support them – to learn about, apply for and set up support services.

[nwmpnh.org.au/older-adults](http://nwmpnh.org.au/older-adults)

### North Western Melbourne care finder providers

**Care finders can help people from all backgrounds, but some provide specialised support to certain groups.**

#### cohealth

This service focuses on people who are experiencing or at risk of homelessness.

9448 5536

### North Western Melbourne care finder providers (cont.)

#### The Housing for the Aged Action Group Inc.

This service focuses on people who are experiencing or at risk of homelessness, those living with a disability and people from culturally and linguistically diverse backgrounds.

1300 765 178

[intake@oldertenants.org.au](mailto:intake@oldertenants.org.au)

#### VincentCare

This service focuses on people who are experiencing or at risk of homelessness.

8327 7400

[chspwest@vincentcare.org.au](mailto:chspwest@vincentcare.org.au)

#### Wintringham

This service focuses on people who are experiencing or at risk of homelessness, those living with a disability, people from culturally and linguistically diverse backgrounds and Aboriginal and Torres Strait Islander peoples.

9034 4824

[adviceandinfo@wintringham.org.au](mailto:adviceandinfo@wintringham.org.au)

## Carer support, respite and services

### Carer Gateway

Carer Gateway is an Australian Government program providing free services and support for carers.

If you care for a family member or friend living with a disability, medical condition, mental illness, or who is frail due to age, then Carer Gateway can help you. Carer Gateway provides many services to support carers in their caring role, including:

- peer support groups
- tailored support packages
- counselling, coaching and courses
- emergency respite.

Check out the Healthy Ageing section of this guide for details on City of Melbourne's Carer Support Program.

1800 422 737

[carergateway.gov.au](http://carergateway.gov.au)

## Companionship support services

### Friendline

Friendly volunteers are ready for anyone who needs to reconnect or just wants a chat. All conversations with Friendline are anonymous.

1800 424 287

[friendline.org.au](http://friendline.org.au)

### Telecross

The Red Cross Telecross service can provide a daily telephone call to check on your wellbeing.

This provides peace of mind if you are at risk of an accident or illness that may go unnoticed, such as falling and being unable to call for help. The volunteer will check to see that you are well and provide a friendly voice to wake up to each morning.

1300 885 698

[redcross.org.au/services/telecross/](http://redcross.org.au/services/telecross/)

## Companionship support services

### Aged Care Volunteer Visitor Scheme (ACVVS)

The ACVVS arranges volunteer visits to older people to provide friendship and companionship. Visits are available to anyone receiving government-subsidised aged care services.

0491 272 417

[info@ageingwithgrace.org.au](mailto:info@ageingwithgrace.org.au)

[health.gov.au/acvvs](http://health.gov.au/acvvs)



## Dementia support services

### National Dementia Helpline

Dementia Australia exists to support and empower the estimated half a million Australians living with dementia and almost 1.6 million people involved in their care. The organisation advocates for positive change for people living with dementia, their families and carers, and supports vital research. If you or someone you know is living with or caring for someone with dementia, support is available. The National Dementia Helpline is available 24-hours a day, seven days a week.

1800 100 500

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





## Emergency contacts and healthcare services

### Triple Zero

Stay focused, stay relevant, stay on the line.

Is someone seriously injured or in need of urgent medical help?

Is your life or property being threatened?

Have you just witnessed a serious accident or crime?

If you answered YES call Triple Zero (000). Triple Zero calls are free.

000

[triplezero.gov.au](http://triplezero.gov.au)

### SES

Call 132 500 from anywhere in Victoria for flood, storm, landslide, tsunami and earthquake emergency. For life-threatening emergencies call Triple Zero (000). Know when you can call for help.

132 500

[ses.vic.gov.au](http://ses.vic.gov.au)

## Emergency contacts and healthcare services

### Nurse on Call

The NURSE-ON-CALL helpline provides Victorians health advice from a registered nurse, 24-hours a day, seven days a week.

1300 606 024

[healthdirect.gov.au/nurse-on-call](http://healthdirect.gov.au/nurse-on-call)

### DirectLine

Provides a 24-hour telephone counselling, information and referral service for anyone in Victoria wishing to discuss an alcohol or drug-related issue.

1800 888 236

[directline.org.au](http://directline.org.au)

## End of life and advance care planning

### Advance Care Planning Australia

Advance care planning enables you to make decisions now about the health care you would or would not like to receive if you were to become seriously ill and unable to communicate your preferences or make treatment decisions. Advance care planning helps to ensure your loved ones and health providers know what matters most to you and respect your treatment preferences. Everyone should consider advance care planning, regardless of your age or health status.

1300 208 582

[advancecareplanning.org.au](http://advancecareplanning.org.au)

### Office of the Public Advocate

The Office of the Public Advocate (OPA) is a human rights organisation which promotes the diversity and inclusion of all people. The Public Advocate has significant powers to investigate allegations of abuse of vulnerable Victorians, reporting directly to Parliament. The OPA offers support, information and official documentation relating to appointing an enduring power of attorney, medical treatment decision maker and advance care planning.

1300 309 337

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

## End of life and advance care planning

### Australian Centre for Grief and Bereavement (ACGB)

The ACGB is an independent, not-for-profit organisation and the largest provider of grief and bereavement education in Australia.

1800 222 200

[aged.grief.org.au](http://aged.grief.org.au)

### Griefline

Offers a variety of services that provide help-seekers the opportunity to access free grief support and resources, seven days a week. Trained volunteers are here for you and are ready to listen when you are ready to talk. They are skilled and compassionate and will provide you with support tools and coping strategies, while walking alongside you during a period of grief and loss.

1300 845 745

[griefline.org.au](http://griefline.org.au)

## Financial support services

### National Debt Helpline

National Debt Helpline is a not-for-profit service that helps people tackle their debt problems. Professional financial counsellors offer a free, independent and confidential service.

1800 007 007

[ndh.org.au](http://ndh.org.au)

### Moneysmart

Moneysmart offers guidance for all Australians, whatever your situation and wherever you find yourself in life. The Moneysmart website is a self-help portal offering simple tools, tips and calculators to help people of all ages, backgrounds and incomes to be in control of their financial lives.

[moneysmart.gov.au](http://moneysmart.gov.au)

## Financial support services

### WIRE: Financial Guidance Clinic

WIRE is the only state-wide free support, information and referral service for Victorian women, non-binary and gender-diverse people. WIRE can help you kickstart your financial plan with a free one-hour appointment with a financial professional on the first Thursday of every month. Book in by calling or emailing WIRE.

1300 134 130

[support@wire.org.au](mailto:support@wire.org.au)

[wire.org.au/events/financial-guidance-clinic](http://wire.org.au/events/financial-guidance-clinic)

## Housing support services

### Housing for the Aged Action Group – Home at Last

Housing for the Aged Action Group (HAAG) specialises in the housing needs of older people. HAAG offers support in accessing secure, affordable and appropriate housing. HAAG's Home at Last service offers free and confidential advice, support and advocacy to older people who are experiencing or at risk of homelessness, or are wanting to plan their housing future.

1300 765 178

[intake@oldertenants.org.au](mailto:intake@oldertenants.org.au)

[oldertenants.org.au](http://oldertenants.org.au)

### cohealth: housing support for the aged

This free service is for people over 50 years old who live in the City of Melbourne or City of Moonee Valley. It aims to provide support and links to relevant services for older tenants at risk of losing their public housing. If you are a carer for someone in this situation, you are also welcome to use this service.

0459 455 005

9448 5537

[cohealth.org.au/service/housing-support-for-the-aged](http://cohealth.org.au/service/housing-support-for-the-aged)

## Housing support services

### Council on the Ageing (COTA) Victoria

COTA's role as an advocate for the needs of older people extends to support around housing and accommodation options. Service navigation and referral information can be found on the housing webpage or by phone.

1300 135 090

[bit.ly/3EyrTtw](http://bit.ly/3EyrTtw)

### City of Melbourne: Homes Melbourne and alternative housing pathways

For more information on housing pathways, visit our housing webpage for older people, where you'll find a podcast recording discussing alternative housing options and further resources.

To learn more about City of Melbourne's commitment to reducing homelessness and increasing safe, secure, and affordable housing in our city, visit the Homes Melbourne webpage.

[melbourne.vic.gov.au/housingolderwomen](http://melbourne.vic.gov.au/housingolderwomen)

[melbourne.vic.gov.au/homesmelbourne](http://melbourne.vic.gov.au/homesmelbourne)



## LGBTIQA+ support services

### Bent Twig Alliance (BTA) – LGBTI Elders and Allies Social group

The Bent Twig Alliance is a space for LGBTIQA+ elders and their allies. It aims to open up social opportunities, support and information for members of the community.

[bit.ly/3UVFlwT](https://bit.ly/3UVFlwT)

### LGBTIQ+ Elders Dance Club

Rainbow elders and allies (of all ages) are invited to this fabulous, free, regular dance event that celebrates intergenerational inclusivity. Learn new dances, enjoy delicious catering and chat with fabulous people. Come one, come all. No dance experience needed. Check the website for the latest schedule of events and programs on offer.

[allthequeensmen.net](https://allthequeensmen.net)

## LGBTIQA+ support services

### Matrix Guild Victoria

Matrix Guild Victoria Inc. was founded in 1992 for the benefit of lesbians aged 40 and older. Matrix Guild aims to:

- promote appropriate care and support for older lesbians
- challenge ageism and oppose discrimination
- provide accommodation in Victoria for older lesbians who are financially disadvantaged.

[secretary@matrixguildvic.org.au](mailto:secretary@matrixguildvic.org.au)

[matrixguildvic.org.au](https://matrixguildvic.org.au)

## LGBTIQA+ support services

### Rainbow Connection – Community Support

Rainbow Connection is aimed at reducing social isolation among older members of the LGBTIQA+ community. Community Support volunteers can help in many ways, including visits to client homes, meal preparation and outings.

Any person in the LGBTIQA+ community who is aged 65 or over may apply for support from Rainbow Connection.

9863 0426

[support@thorneharbour.org](mailto:support@thorneharbour.org)

[thorneharbour.org](http://thorneharbour.org)

### Rainbow Door

Rainbow Door is a free, specialist LGBTIQA+ helpline providing information, support, and referral to all LGBTIQA+ Victorians, their friends and family. Rainbow Door supports people of all ages and identities to navigate access to the support they need.

1800 729 367

[support@rainbowdoor.org.au](mailto:support@rainbowdoor.org.au)

[rainbowdoor.org.au](http://rainbowdoor.org.au)

## LGBTIQA+ support services

### Switchboard – Out & About

Out & About is a peer service connecting LGBTIQA+ people across Victoria. It is a free community visitors program run specifically for older members of the LGBTIQA+ community. The program aims to reduce social isolation and loneliness by creating community connections and facilitating peer friendships.

1800 729 367

[outandabout@switchboard.org.au](mailto:outandabout@switchboard.org.au)

[switchboard.org.au](http://switchboard.org.au)

### Memory Lane Café – Victorian Pride Centre

This innovative program will provide a safe and inclusive space for people from LGBTIQA+ communities living with dementia and their carers, by creating a pop-up café in which participants can socialise while enjoying refreshments and entertainment. Bookings are essential.

1800 100 500

[vic.memorylanecafe@dementia.org.au](mailto:vic.memorylanecafe@dementia.org.au)

## Mental health support

### Beyond Blue Support Service

If you're going through a hard time right now, the Beyond Blue Support Service is available 24/7 for brief counselling. Supportive counsellors will listen and help you find the extra mental health help you need.

Access free, confidential counselling (local call costs apply).

1300 224 636

[beyondblue.org.au](http://beyondblue.org.au)

### Lifeline

Providing all Australians experiencing emotional distress with access to 24-hour crisis support and suicide prevention services. Lifeline exists so that no person in Australia has to face their darkest moments alone.

13 11 14

[lifeline.org.au](http://lifeline.org.au)

## Mental health support

### MensLine Australia

MensLine Australia is a free telephone and online counselling service offering support for Australian men anywhere, anytime. Access free, professional, 24/7 telephone counselling support for men with concerns about mental health, anger management, family violence, addiction, relationships, stress and wellbeing.

1300 789 978

[mensline.org.au](http://mensline.org.au)

### North Western Mental Health – Triage Service

North Western Mental Health Triage Service offers 24-hour information, assessment, and referral for people with mental health concerns in Melbourne's north west region. The Older Adult Community Team provide assessment, treatment, rehabilitation and case management to people with complex and compounding mental health issues related to ageing.

1300 874 243

## Older persons' advocacy and elder abuse prevention

### Seniors Rights Victoria

Seniors Rights Victoria advances the rights of older people and works to prevent elder abuse. Visit the Seniors Rights Victoria website for community education resources and referral information. If you or someone you know is experiencing elder abuse, help is available through the confidential helpline. Call volumes are high, so please leave a message and a representative will get back to you. If it is an emergency, call 000.

1300 368 821

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

### cohealth – Legal service for older people

cohealth has partnered with Justice Connect to help older people experiencing elder abuse and other legal issues. This is a free, confidential legal service for people aged 55+ years. Eligibility criteria apply.

9448 5537

[cohealth.org.au/service/legal-service-for-older-people](http://cohealth.org.au/service/legal-service-for-older-people)

## Older persons' advocacy and elder abuse prevention

### 1800RESPECT

This is a free service available 24-hours a day, seven days a week to support people impacted by domestic, family or sexual violence. Support is also available via a live chat service on the website.

1800 737 732

[1800respect.org.au](http://1800respect.org.au)

### Council on the Ageing (COTA) Victoria

The leading not-for-profit organisation representing the interests and rights of people aged 50 and older in Victoria. COTA focuses on promoting opportunities for, and protecting the rights of, older Victorians. This includes supporting the delivery of community group activities.

9655 2100

[askcota@cotavic.org.au](mailto:askcota@cotavic.org.au)

[cotavic.org.au](http://cotavic.org.au)



## Older persons' advocacy and elder abuse prevention

### Older Persons Advocacy Network

The Older Persons Advocacy Network (OPAN) offers free, independent and confidential support and information to older people seeking or already using Australian Government-funded aged care services, along with their families and carers.

From finding the right aged care services, to help with understanding and exercising your rights and staying connected to the people you care about, OPAN's website is a hub of useful information, including a range of community education webinar recordings.

Call OPAN for a free and confidential chat.

**1800 700 600**

[opan.org.au](http://opan.org.au)

## Online safety and fraud support

### Scamwatch

Scamwatch is run by the National Anti-Scam Centre to collect reports about scams to help warn others and to take action to stop scams. They also provide up-to-date information to help you spot and avoid scams.

[scamwatch.gov.au](http://scamwatch.gov.au)

### Australian Cyber Security Centre

The Australian Government has developed easy-to-follow cyber security information and resources to support people from non-English speaking backgrounds to be more cyber secure. Visit the website and type your preferred language in the search box to find support. You can also call the Australian Cyber Security Hotline for assistance and advice.

**1300 292 371**

[cyber.gov.au/learn](http://cyber.gov.au/learn)

## Transport

### LINK – Community and Transport

LINK is a not-for-profit, community-based social enterprise connecting clients to an integrated community of care of volunteers, services, transport, health systems, outings, and friendships. LINK operates Victoria's largest community transport fleet of accessible vehicles, specially-trained drivers, mobility assistants and in-home carers.

1300 546 528

[admin@lct.org.au](mailto:admin@lct.org.au)

[lct.org.au](http://lct.org.au)

### Travellers Aid

Travellers Aid Australia operates from Southern Cross and Flinders Street Stations in Melbourne. Services are provided with the highest level of care, respect and dignity and are designed to enable travellers with special requirements to fully participate in life activities. Services include transit connection assistance, mobility equipment hire, luggage storage, companion services, crisis travel assistance, personal care and a station lounge.

9654 2600

[travellersaid.org.au](http://travellersaid.org.au)

## Volunteering

### City of Melbourne volunteering

City of Melbourne engages more than 1000 volunteers each year in a wide range of roles and programs. Volunteering with the City of Melbourne can provide you with an opportunity to do something positive for your local community. We recruit volunteers throughout the year, and advertise roles through our volunteering page.

[melbourne.vic.gov.au/volunteering](http://melbourne.vic.gov.au/volunteering)

### Volunteering Victoria

Volunteering Victoria is the state's peak body for volunteering, focusing on advocacy, sector development and the promotion of volunteering. Sometimes, people 'fall into' volunteering. Other times, people make a conscious decision to volunteer and then face the challenge of how to start. Volunteering Victoria can help.

[volunteeringvictoria.org.au](http://volunteeringvictoria.org.au)







## We're multilingual too:



### Interpreter services

We cater for people of all backgrounds  
Please call 03 9280 0726

03 9280 0717	廣東話
03 9280 0719	Bahasa Indonesia
03 9280 0720	Italiano
03 9280 0721	普通話
03 9280 0722	Soomaali
03 9280 0723	Español
03 9280 0725	Việt Ngữ
03 9280 0726	عربي
03 9280 0726	한국어
03 9280 0726	हिंदी
03 9280 0726	All other languages

### Important legal notice

Any activity you undertake is at your own risk. If you have any health or other concerns, you should seek your own independent medical advice before participating. The City of Melbourne accepts no responsibility for any loss or damage suffered, either directly or indirectly, arising out of reliance on information contained in this publication and participation in any activity advertised.

The City of Melbourne does not guarantee that the information contained in this publication is correct and notes that any activity may be cancelled or changed without notice.



CITY OF MELBOURNE