



Positive Ageing Program

January – June 2026



City of
Whittlesea

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Acknowledgement of Country

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

Let Everyone Actively Participate Program (LEAP)



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

LEAP Membership:

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

LEAP Programs are a wonderful way to:

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



LEAP offers a variety of regular programs, including:

- Sports and recreation
- Exercise classes
- Music and entertainment
- Opportunities to learn new skills

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

Becoming a LEAP Member is easy.

Scan the QR code or visit



whittlesea.vic.gov.au/LEAP or complete online LEAP application form - and return the completed form via email ageingwell@whittlesea.vic.gov.au Alternatively, you can call the Ageing Well team **9217 2170** and select option 4.

Social Connection and Centre Based Respite



For residents aged 65 and older (or 50 and older for Aboriginal or Torres Strait Islander individuals) who are eligible for services under the Commonwealth Home Support Program (CHSP), participation in certain programs requires an assessment and referral through My Aged Care.

Following the assessment, My Aged Care will facilitate a referral to a social support group with the City of Whittlesea, ensuring access to vital community services.

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

Our Programs

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

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



Morning Melodies Program

Enjoy a fun filled morning with music, singalongs, and dance, catch up with friends, and connect with others, Morning Melodies is a fantastic way to share some of your favourite songs with others and to stay connected to those around you in your community.

 Last Tuesday of the month

 10am-12pm

 Various locations: Wollert, Thomastown and Mernda

 CHSP \$6 LEAP \$12



Light refreshments provided



To book scan the QR code or visit trybooking.com/DHVAV or call 9217 2170 Option 4

Monthly Timetable

LEAP programs will resume in February 2026, while the Social Support (Social Connection) programs will recommence on Monday, 12 January 2026.

February



Wednesday 18 February Lunch in a Bunch

3rd Wednesdays of the month

Looking for good company and great conversation? Lunch in a Bunch is a friendly social support group where older adults can connect, share stories, and enjoy a delicious meal together in a relaxed setting. Join us for laughter, friendship, and a sense of community.

- 📍 Various locations
- 🕒 12pm-2pm
- 💰 \$10
- 📍 CHSP only. Booking Essential. Call 9217 2170 option 4.

Tuesday 24 February Morning Melodies with Jen Hawley

Join Jen Hawley for a heartwarming morning of music and memories! From 1920s jazz and wartime favourites to 50s and 60s rock 'n' roll, country classics and ABBA singalongs—Jen will have you singing, swaying and smiling along. A joyful celebration of the songs we all know and love!

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



March

Wednesday 18 March Lunch in a Bunch

3rd Wednesdays of the month

Looking for good company and great conversation? Lunch in a Bunch is a friendly social support group where older adults can connect, share stories, and enjoy a delicious meal together in a relaxed setting. Join us for laughter, friendship, and a sense of community.

- 📍 Various locations
- 🕒 12pm-2pm
- 💰 \$10
- 📍 CHSP only. Booking Essential. Call 9217 2170 option 4.

Friday 27 March Know your city bus tour (KYCBT)

Discover what we have in your very own doorstep. The bus tours are designed to provide people 50 and over (LEAP members) an opportunity to join us for a relaxed day out exploring local landmarks, services and community spaces that make the City of Whittlesea unique. Our tour offers a chance to discover hidden gems, walking trails, historical sites and more.

- 💰 LEAP \$12 CHSP \$10



Tuesday 31 March Morning Melodies with Laura Kate

Laura Kate is a singer and violinist who specialises in performing timeless classics from a variety of genres including jazz/swing, pop and rock 'n' roll. Laura completed a Bachelor of Music at Victoria University in 2021 and she currently teaches violin.

- 📍 Barry Road Community Activity Centre, 36 Barry Road, Thomastown
- 🕒 10am-12pm
- 💰 CHSP \$6 LEAP \$12

April

Wednesday 15 April Lunch in a Bunch

3rd Wednesdays of the month

Looking for good company and great conversation? Lunch in a Bunch is a friendly social support group where older adults can connect, share stories, and enjoy a delicious meal together in a relaxed setting. Join us for laughter, friendship, and a sense of community.

- 📍 Various locations
- 🕒 12pm-2pm
- 💰 \$10
- 📄 CHSP only. Booking Essential. Call 9217 2170 option 4.

Thursday 16 April Information session

Join us for a coffee and chat about Positive Ageing Programs. For anyone over the age of 50 and living in The City of Whittlesea.

- 📍 Mernda Social Support Centre, 70 Mernda Village Drive, Mernda
- 🕒 2pm-4pm
- 💰 Free

Tuesday 28 April Morning Melodies with David Rothberg – dance music

David is a Pianist/keyboard player/vocalist/Entertainer who has over 800 songs in his repertoire. He brings his own keyboard and uses the sounds, percussion, rhythms and backing tracks on his keyboard as part of his performance.

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



May

Wednesday 20 May Lunch in a Bunch

3rd Wednesdays of the month

Looking for good company and great conversation? Lunch in a Bunch is a friendly social support group where older adults can connect, share stories, and enjoy a delicious meal together in a relaxed setting. Join us for laughter, friendship, and a sense of community.

- 📍 Various locations
- 🕒 12pm-2pm
- 💰 \$10
- 📄 CHSP only. Booking Essential. Call 9217 2170 option 4.

Friday 22 May Know your city bus tour (KYCBT)

Discover what we have in your very own doorstep. The bus tours are designed to provide people 50 and over (LEAP members) an opportunity to join us for a relaxed day out exploring local landmarks, services and community spaces that make the City of Whittlesea unique. Our tour offers a chance to discover hidden gems, walking trails, historical sites and more.

- 💰 LEAP \$12 CHSP \$10



Tuesday 26 May Belly Dance session with Azura

Veteran Belly Dancer, Choreographer, Teacher and Entertainer Azura, has performed over 7000 solo shows and featured on Australian TV (Neighbours, Rove Live, Coxy's Big Break). She has trained and danced alongside Bellydance royalty (Mahmoud Reda, Soheir Zaki, Dina, Hossam Ramzy), and represented both Turkish and Egyptian dance at a multitude of cultural events. Azura's experience as a qualified Aged Care Worker and Visual Artist, alongside her spectacular costumes and mesmerising props, and exuberant interactive live performances, Azura brings audiences of every age together in a joyous celebration of art, culture, and life.

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

June

Wednesday 17 June Lunch in a Bunch

3rd Wednesdays of the month

Looking for good company and great conversation? Lunch in a Bunch is a friendly social support group where older adults can connect, share stories, and enjoy a delicious meal together in a relaxed setting. Join us for laughter, friendship, and a sense of community.

- 📍 Various locations
- 🕒 12pm-2pm
- 💰 \$10
- 📌 CHSP only. Booking Essential. Call 9217 2170 option 4.



Tuesday 30 June Morning Melodies with Brian Espiner - Dance music

Brian's warm vocal style has been likened to Michael Buble and has developed over the years to cover a wide range of styles from modern classical to jazz & pop music. For any occasion Brian has your music covered with a range of smooth jazz, fun toe tapping ditty's to classic rock and pop covers remixed. Brian plays keyboard and is supported with high quality backing tracks and modern vocal processing technology to create a full sound.

- 📍 Barry Road Community Activity Centre, 36 Barry Rd Thomastown
- 🕒 10am-12pm
- 💰 CHSP \$6 LEAP \$12



*Pull out
and place on
your fridge*

Weekly Timetable

Monday



Exercise for people 50+

- 📍 Nick Ascenzo Community Centre, 2 Boronia Street, Thomastown
- 🕒 9.30am-10.15am
- 💰 CHSP \$5, LEAP \$7

Walking Football

- 📍 Mill Park Basketball and Netball Stadium, Redleap Avenue, Mill Park
- 🕒 10am-12pm
- 💰 CHSP \$3, LEAP \$5

Social Connections program

- 📍 Mernda Social Support Centre, 70 Mernda Village Drive, Mernda
- 🕒 \$12 (CHSP only clients)

COMING SOON

Tuesday

Exercise for people 50+

- 📍 Mernda Village Centre, 70 Mernda Village Drive, Mernda
- 🕒 9.30am-10.15am
- 💰 CHSP \$5, LEAP \$7

Social Golf

- 📍 Growling Frog Golf Course, 1910 Donnybrook Road, Yan Yean
- 🕒 7am-12pm
- 💰 CHSP \$13.00 LEAP \$22.50 (9 holes) CHSP \$18 LEAP \$32.50 (18 holes)

Exercise park for people 50+

- 📍 Barry Road Community Activity Centre, 36 Barry Road, Thomastown
- 🕒 10am-11am, then after time for a cuppa at our Social Connections Centre
- 💰 Free

Social Connections program

- 📍 Barry Road Community Activity Centre, 36 Barry Road, Thomastown
- 🕒 9.30am-2pm
- 💰 \$18 (CHSP only clients)

Wednesday

Chair Exercise for people 50+

- 📍 Brookwood Community Centre, 25 Hazel Glen Drive, Doreen
- 🕒 9.30am-10.15am
- 💰 CHSP \$5, LEAP \$7

Lunch in a Bunch 3rd Wednesday

- 📍 Various restaurants
- 🕒 12pm-2pm
- 💰 \$10 (CHSP only clients)



Social Connections program

- 📍 Barry Road Community Activity Centre, 36 Barry Road, Thomastown
- 🕒 9.30am-2pm
- 💰 CHSP \$18

Thursday

Exercise for people 50+

- 📍 Kirrip Community Activity Centre, 135 De Rossi Boulevard, Wollert
- 🕒 9.30am-10.15am
- 💰 CHSP \$5, LEAP \$7

NEW location

Social Connections program

- 📍 Mernda Social Support Centre, 70 Mernda Village Drive, Mernda
- 🕒 9.30am-2pm
- 💰 CHSP \$18

Dementia Friendly group

- 📍 Barry Road Community Activity Centre, 36 Barry Road, Thomastown
- 🕒 9.30am-2pm
- 💰 CHSP \$18



Friday



Exercise for people 50+

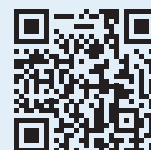
- 📍 Whittlesea Community Activity Centre, 57-61 Laurel Street, Whittlesea
- 🕒 9.30am-10.15am
- 💰 CHSP \$5, LEAP \$7

Social Ten Pin Bowling

- 📍 Oz Tenpin Epping, 41-53 Miller Street, Epping
- 🕒 10am-12pm
- 💰 CHSP \$5.50, LEAP \$9 (1 game) CHSP \$11, LEAP \$18 (2 games)

Social Connections "Buongiorno" Italian program

- 📍 Barry Road Community Activity Centre, 36 Barry Road, Thomastown
- 🕒 9.30am-2pm
- 💰 CHSP \$18



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

KEY:

Social Support run programs

LEAP member run programs

PROGRAM DESCRIPTIONS:

Dementia Friendly group

The Dementia-Friendly Program supports individuals living with dementia, or those showing early signs of memory loss, by providing opportunities for social interaction, mental stimulation, and gentle physical activity. The program also offers valuable respite for carers, helping them take a break while their loved ones participate in a safe and supportive environment.

Social Golf

For people 50+ offers numerous physical, mental, and social benefits, making it an excellent activity for maintaining health and well-being, while enjoying the outdoors in the wonderful scenery vista at Growling Frog Golf Course.

Social Connections

The Social Connection Program offers a welcoming space to build friendships and stay engaged through a variety of enjoyable activities, including music, craft, gardening, games, and more. It's a wonderful way to stay active, social, and connected within the community.

Walking Football

Walking Football is good for your physical and mental wellbeing. For people 50+ enjoy the multitude of health benefits including the bonus of connecting with other likeminded people in the community.

Social Ten Pin Bowling

For people 50+ ten-pin bowling is a great recreational activity, with numerous health benefits and social interaction with people with similar interests.



Positive Ageing EXPO 2026

Tuesday 23 June
10am-3pm

Plenty Ranges Arts and
Convention Centre (PRACC)
35 Ferres Blvd, South Morang

Join us for the Positive Ageing EXPO
and World Elder Abuse Awareness Day
(WEAAD) 2026

A combined community event celebrating positive ageing and promoting respect and dignity for older people. Discover local services, programs, and resources that support healthy, connected living while raising awareness about the importance of preventing elder abuse.

Free

*Everyone is welcome to be part of this
inspiring and informative event!*

KEY:



Social Support Group and centre based respite programs

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



LEAP member run programs

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

Exercise classes for people 50+

Join our energising exercise classes designed for people aged 50 and over, focusing on strength, balance, and flexibility.

Stay active, healthy, and connected in a fun and supportive group setting! Classes are run by trained instructors. Due to classes popularity from 2026 participants number will be capped for each class and bookings will be required for each session.



To book visit:

Monday (Thomastown): trybooking.com/DHVEG

Tuesday (Mernda): trybooking.com/DHVEP

Wednesday (Doreen): trybooking.com/DHVET

Thursday (Wollert): trybooking.com/DHVEU

Friday (Whittlesea): trybooking.com/DHVEY

or call [9217 2170](tel:92172170) Option 4

Exercise park for people 50+

Do you want to improve balance, strength, functional movement, joint range of motion and mobility? Then the Seniors Exercise Park sessions are for you.

Enjoy gentle exercise on a range of outdoor exercise equipment designed for people 50+ to improve fitness, mobility, and general wellbeing, while connecting to others. You will be guided through the exercises by our wonderful trained Senior Champions.

Sessions are held every Tuesday, 10am-11am (except for a winter break from 1 June-31 August)

36 Barry Road, Thomastown
(front of Barry Rd Community Activity Centre)

For all inquiries call [9217 2170](tel:92172170) Option 4.



FREE
Enjoy a cuppa at Social Connections Centre after the class

Fee Schedule:

Commonwealth Home Support Program (CHSP) and LEAP Program

Please note: applicable fees and charges apply for participation in these programs. Payments must be made in full and on time to maintain eligibility and continued access to services. Fees listed are current; however, they are subject to review and may change in the next financial year. Participants will be notified of any updates in advance.

PROGRAM	CHSP CLIENTS	LEAP MEMBERS
Walking Football	\$3	\$5
Exercise for people 50+	\$5	\$7
Exercise Park for people 50+	Free	Free
Social Tenpin Bowling	\$5.50 one game	\$9 one game
	\$11 two games	\$18 two games
Morning Melodies	\$6	\$12
Know your city bus tour	\$10	\$12
Social Golf Program	\$13 (9 holes)	\$22.50 (9 holes)
	\$18 (18 holes)	\$32.50 (18 holes)
Social Connections Program	\$18	(CHSP Client Only)
Dementia Friendly Program	\$18	(CHSP Client Only)

PERFORMANCE PROGRAM 2026



PRACC
PLENTY RANGES ARTS & CONVENTION CENTRE



Saturday 28 February
Melbourne Comedy Showcase

Wednesday 4 March
Bobby Fox

Sunday 16 March
Community Festival

Wednesday 1 April
Wendy Stapleton

Wednesday 6 May
Silvie Paladino

Thursday 7 May
Melbourne International Comedy Festival

Wednesday 1 July
The Australian Ballet – Senior Workshops

Silver Rainbows

Connect, Celebrate, Belong

The Silver Rainbows is a safe and inclusive space for people aged 50 and over who are interested in connecting with the LGBTI+ community.

Join us to meet others, share experiences and take part in local catch ups and activities.

Contact us on 9217 2170, option 4 to find out how we celebrate diversity and stay informed about upcoming catch ups and events.



Artist credit: *Contemplation*, Ildiko Kormanyos, Annual Art Award 2025

Belong

ANNUAL ART EXHIBITION

Each year, Council hosts an art exhibition to showcase and celebrate the work of artists who live, work or are connected to the City of Whittlesea. This accessible exhibition provides a platform for local artists to exhibit and promote their work.

Entries open
1 December 2025 – 16 March 2026

Exhibition opens
2 May – 27 May 2026

Plenty Ranges Art and Convention Centre (PRACC), 35 Ferres Blvd, South Morang

To find out more visit
whittlesea.vic.gov.au/artexhibition

Community Festival

15 March 2026



A dedicated Ageing Well Zone will be at Plenty Ranges Art and Convention Centre (PRACC), 35 Ferres Blvd, South Morang

Raising children and young people 2026

Supporting Families in the City of Whittlesea

Discover a range of FREE parenting programs, sessions, and events designed to support families and caregivers in the City of Whittlesea.

whittlesea.vic.gov.au/familytraining



Other services provided by City of Whittlesea

Ageing Well Services

Council delivers a range of ageing well services through Commonwealth Home Support program (CHSP) and provide services to people over 65 years of age (or 50 and above for Aboriginal or Torres Strait Islander individuals).

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

The services available include:



Domestic Assistance

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



Personal Care

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



Social Support Individual and Escorted shopping

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



Flexible and Centre Based Respite



Support for Carers

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



Meals

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



Property Maintenance

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

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

Community Gardens

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

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



Creeds Farm Living and Learning Centre

- 2 Snugburgh Way, Epping
- Open every day



Lalor Community Garden Lalor

- 35 Duncan Road, Lalor
- Wednesday and Saturday 10am-2pm



Mill Park Garden Club

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



Links Garden Lalor

- 403 Station Street, Lalor
- Saturday 10am-12pm



Carome Homestead

- 10 Hathfelde Boulevard, Mernda
- Unrestricted hours



Mernda Seed Sow and Grow Community Garden

- 2 Heals Road, Mernda
- Wednesday 10am-12pm



Little learners Village Community Garden

- 211M Gordons Road, South Morang
- Open to the public 24/7



Whittlesea Community Garden

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

Useful phone numbers

City of Whittlesea

Ageing Well Department

☎ 9217 2170: choose Option 4

🌐 whittlesea.vic.gov.au/seniors

My Aged Care

☎ 1800 200 422

🌐 myagedcare.gov.au

Senior Rights Victoria

☎ 1300 368 821

🌐 seniorsrights.org.au

Office of the Public Advocate

☎ 1300 309 337

🌐 publicadvocate.vic.gov.au

Aged Care Assist

☎ 0438 849 400

🌐 dpvhealth.org.au/aged-care-assist/

Carer Gateway

☎ 1800 422 737

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

Banksia Palliative Care

☎ 9455 0822

🌐 banksiapalliative.com.au

Healthy Ageing Service

☎ 9231 8443

🌐 supportconnect.org.au

Northern Health- Advanced Care Planning

☎ 9495 3235

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

Whittlesea Mental Health and Wellbeing Local

☎ 1800 571 145

🌐 neaminational.org.au

Dementia Australia

☎ 1800 100 500

🌐 dementia.org.au

Whittlesea Community Connections

☎ 9401 6666

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

Rainbow door

☎ 1800 729 367

🌐 Rainbowdoor.org.au

Specialist Family Violence Services:

Safe Steps

☎ 1800 015 188

🌐 safesteps.org.au

The Orange Door

☎ 1800 319 355

🌐 orangedoor.vic.gov.au

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



Volunteering at the City of Whittlesea

Did you know that volunteering is good for you? It's a wonderful way to make a positive impact in your local community while enhancing your own wellbeing.

Volunteering not only strengthens community connections, it can also:

- Reduce loneliness and isolation
- Lower stress levels
- Improve health and wellbeing
- Expand networks and friendships
- Provide a pathway to employment
- Build new skills and knowledge

Volunteering opportunities

The City of Whittlesea welcomes volunteers from all backgrounds, including First Nations Elders and cultural knowledge holders who share their wisdom, culture, and traditions. There are many ways to get involved, with opportunities for people who enjoy connecting with others and contributing their diverse talents in areas such as:

- Arts and crafts
- Cooking and food support
- Multilingual communication
- Music and performance
- Reading, creative writing, and conversation
- Driving and transport support
- Digital literacy
- Events and admin support
- ... and much more!
- Sport and recreation

If you'd like to join our amazing team of volunteers, contact the Ageing Well Team on 9217 2170 (Option 4).

Council Offices

25 Ferres Boulevard
South Morang VIC 3752

Whittlesea Service Hub

63 Church Street
Whittlesea VIC 3757

Email: ageingwell@whittlesea.vic.gov.au

Website whittlesea.vic.gov.au

Phone: 9217 2170, select option 4

National Relay Service: 133 677
(ask for 9217 2170)

Connect with us in your
preferred language:



Free telephone
interpreter service

131 450

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

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