

Stay Connected

Keeping connected in Moonee Valley

Moonee Valley City Council's Community Strengthening team conducts, promotes and supports a range of groups and activities within the community for older adults. Independent community groups utilise Council's Neighbourhood and Community centres to deliver a variety of programs.

Social fitness

Moonee Valley Life Activities Club

A friendly social club for anyone over 50, with various daytime and evening activities.

When: 1st Monday of each month 7pm-9.30pm

Where: Kellaway Avenue Neighbourhood Centre, Moonee Ponds

Contact: Josie 9379 0308 or email mooneevalley@life.org.au

Web: www.life.org.au/the-clubs/moonee-valley/

Essendon Over 50's Walking Group

Walks between 2km – 6-8km. Divided into 3 groups depending on your level of fitness. Walks are in Melbourne/Metro area on safe walking tracks. BYO lunch and drink.

When: every Thursday at 9.45am (can vary)

Where: Flinders Street Station, Melbourne

Contact: Jenny on 9379 9691 or email jgdaldy@bigpond.com

Niddrie Seniors Walking Group

Exercise and walking for seniors plus outings and fellowship.

When: Tuesday 9am – 11.30am

Where: Niddrie Hub, Matthews Avenue, Niddrie

Contact: Connie on 0401 135 047 or email Connie.Ciavarella@mh.org.au

Cro-Aussie Elderly Citizens Bocce Club Keilor East

Social Croatian bocce club.

When: Saturday and Sunday 3pm – 9pm

Where: Burley Griffin Community Centre, Park Dr, East Keilor

Contact: Ivan on 0437 893 496

Keilor Activities for Older Adults

A walking/talking/social club, enjoying local walks and occasional bush activities. We cater for over fifties, of all nationalities, and have different levels of walking, to enable all ages to have enjoyable days.

When: Tuesdays 10am

Where: Various locations within Keilor and surrounding areas.

Contact: Lynda on 0431 345 161

Special interest

Essendon Daytime (Computer) Group

Provides assistance with computer skills in Word, music, photography, multimedia and maintenance.

When: 1st, 2nd and 3rd Friday of the month from 9.30am-12noon

Where: Nancye Kirchner Neighbourhood Centre, Doyle Street, Avondale Heights

Contact: John on 9317 7114 or 0408 996 589

Cake Decorators' Association of Victoria

Workshops and meetings for members or interested people with basic skills.

When: 9.45am-2.30pm on the third Sunday of every second month

Where: Nancye Kirchner Neighbourhood Centre, Doyle Street, Avondale Heights

Contact: Sue on 0425 757 351

Computer Training

Moonee Valley Libraries offer a range of computer classes. Whether you are an absolute beginner or looking to improve your skills, you are sure to find something that suits your needs.

Contact: You can book at any Moonee Valley branch.

U3A Moonee Valley

Voluntary, not for profit organisation that provides low cost learning and leisure activities for our members who are over 50 years of age and are semi retired or retired.

When: Between 9am-4pm week days (based on the four term school system)

Where: Centres throughout the municipality

Contact: 9337 7779 or website:

www.u3amooneevalley.com.au

Knit & Knatter

Create knitted pieces for community projects. All welcome.

When: 10.30am-12.30pm every Tuesday

Where: Ascot Vale Neighbourhood Centre, 101 Union Road, Ascot Vale

When: Thursday 10am – 12noon

Where: Crown St Stables, 410 Crown St, Flemington

Contact: Council's Healthy Ageing Officer on 9372 5350.

Y Art

Oil painting classes with a qualified tutor.

When: Wednesday 1pm-3pm

Where: Niddrie Hub, Matthews Avenue, Niddrie

Contact: Sonia on 9379 8464

Melbourne Amiga User Group

Learn how to use computers from experts.

When: First Thursday of the month from 8.30pm-11.30pm

Where: Kellaway Avenue Neighbourhood Centre, Moonee Ponds

Contact: Michael on 0403 073 055 or email MC1@pobox.com

Essendon Historical Society

Committed to documenting, preserving and promoting the history of the City of Moonee Valley. Dinners, guest speakers

When: Fourth Tuesday of the month from 7:30pm

Where: Windy Hill Venue, Cnr Napier & Brewster Streets, Essendon

Essendon Essential Sewing Group

Discover a renewed love of sewing with other like minded people in a friendly environment. We encourage people of all nationalities and ages to come and join us. Varied projects from tops, embroidery, embellishing, craft items etc.

When: Last Saturday of each month, 10am-3pm

Where: Nancye Kirchner Neighbourhood Centre, Doyle Street, Avondale Heights

Contact: Catherine on 0412 299 547 or Christine on 0414 404 401

Essendon Scrabble Group

Scrabble games; all levels welcome. (No equipment needed)

When: Tuesday 7pm – 10pm

Where: Kellaway Avenue Neighbourhood Centre, 5 Kellaway Ave, Moonee Ponds

Contact: Rob on 0417 512 535 or email tryerbrook@gmail.com

Community Centres

Flemington Community Centre

Flemington Community Centre offers a range of adult programs which include introduction to computers, cooking, sewing, arts and crafts, exercise and social dance.

Where: 25 Mt Alexander Road, Flemington

Contact: for more information call 8325 1800

Bowes Avenue Community Centre

Bowes Avenue Community Centre offers a range of social, recreational, educational and community supported activities for all members of the community.

Where: 27-31 Bowes Avenue, Airport West

Contact: for more information call 8325 1890

Gardening

East Keilor Sustainability Street Community Garden Inc.

Aims to source and use life's most basic commodities, water, food and power, in a sustainable way. Gardening tours, open days, visits from schools/kindergartens.

When: Sundays, as announced – 1:30pm-3pm

Where: 10A Tuppal Place, Keilor East

Contact: Margaret on 9336 1540

Essendon Community Gardens Inc.

Committed to a sense of community, conservation and organic gardening principles. Garden plots for rental.

When: First Sunday of the month (working bees) 9am-12pm

Where: Alongside Moonee Ponds Creek between Brisbane and Fenton Streets, Travancore.

Contact: John on 0414 701 747

Strathmore Community Garden Inc.

To create a welcoming place where people of all ages and interests can come together to learn and share knowledge about sustainable practices fostering a lifelong interest in all things gardening.

When: First Saturday of the month 9:30am-10:30pm

Where: 2B Boeing Road, Strathmore Heights

Contact: Vic on 0418 135 232

Friends of Steele Creek Inc.

Dedicated to the care of Steele Creek, its water quality, landscape, flora and fauna. We also assist with planting events, hold forums, film nights on environmental issues and conduct monthly water quality testing (training is available).

When: 7.30pm on the 2nd Tuesday in February, March, April, May, June, September, October, November

Contact: Helen on 9379 1185

Avondale Heights Community Garden

To provide residents the joys and health of organic gardening. Plots available for rental or Friends of Garden Memberships.

When: Committee meets on the first Sunday of the month.

Where: River Drive, Avondale Heights

Contact: Rosemary on 0408 838 633

Friends of the Maribyrnong Valley Inc.

Aims to prevent misuse and degradation of the Maribyrnong Valley and to assist in its rehabilitation by raising public awareness, particularly of those living in nearby municipalities.

When: First Wednesday of the month 7:30pm

Where: Activity Centre - 54 Raleigh Road, Maribyrnong.

Contact: Judy on 9367 2562 or email info@fmvonline.com

Multicultural

Senior Multicultural Skills Exchange Group for Women

Social group including exercise.

When: Wednesdays at 9am-11.30am

Where: Kellaway Avenue Neighbourhood Centre, Moonee Ponds

Contact: Giovanna on 9375 3072

Circolo Pensionati Italiani di Moonee Ponds

Social group, cards, bingo, dinner dances

When: Wednesday and Friday from 12.30pm-4pm

Where: Kellaway Avenue Neighbourhood Centre, Moonee Ponds

Contact: Elisa on 9325 4946 on club days.

Niddrie Senior Italian Citizen Club

Lunch, dance, playing cards, bingo and trips to Crown Casino.

When: Thursday and Saturday from 12.30pm-3.30pm

Where: Niddrie Hub, Matthews Avenue, Niddrie

Contact: Nicola on 9336 7595

Circolo Pensionati Italiani di East Keilor /Avondale Heights.

Social groups, cards, bingo, lunches, dances.

When: Monday and Wednesday 11.30am – 4.30pm

Where: Nancye Kirchner Neighbourhood Centre, Doyle Street, Avondale Heights

Contact: Frank Ph. 9337 5562

Bitola Social Club (Macedonia)

Coffee, chat, cards, dinner, dancing, interstate trips.

When: Every second Friday

Where: Burley Griffin Community Centre, Park Drive, East Keilor.

Contact: Jim on 0419 512 112

Macedonian Senior Citizen Group

Social club

When: Fridays 5pm – Midnight

Where: Nancye Kirchner Neighbourhood Centre, Doyle Street, Avondale Heights

Contact: Dimo on 9318 5616

Greek Elderly Citizens Club

Social Club; cards, tavli, dominos, bingo, lunches and outings.

When: Monday 10am – 3:30pm

Where: Burley Griffin Community Centre, Park Drive, East Keilor.

Contact: Steve on 9326 0664

Italian Seniors of Ascot Vale

Social group; bingo, cards, billiards, dinners and outings

When: Monday 12.30pm – 4pm and Friday 12.30pm – 11pm

Where: Ascot Vale Neighbourhood Centre, 101 Union Rd, Ascot Vale

Contact: Rosa on 9370 0891

Essendon Senior Italian Citizens

Social groups, cards, bingo, lunches, dances.

When: Tuesday 12pm – 4pm

Where: Kellaway Avenue Neighbourhood Centre, Moonee Ponds

Contact: Pasquale on 0422 141 862

Italian Pensioners Group of Keilor

Social groups, cards, bingo, outings.

When: Monday & Thursday 12pm – 4pm

Where: Neil Heinze Pavilion, 54 Lake St, Avondale Heights

Contact: Paula on 0417 375 574

Maltese Senior Citizens Club Airport West

Social groups, lunches, monthly bus trips, dinner dances.

When: Friday 8am-1:30pm, (some) Tuesday 7:30am-11am

Where: Ratcliff Hall, 1 South Road, Airport West

Contact: Robert on 0450 500 779

Circolo Pensionati Italiani Di North West Essendon

Social groups, cards, bingo, lunches, parties.

When: Tuesday & Thursday 12:45pm – 4pm

Where: Dousta Galla Community Hall, 51 Kerferd St, North Essendon

Contact: Giovani on 0413 547 084

Circolo Pensionati Di Airport West

Social groups, light exercise (women, Mondays), cards, bocce, bingo.

When: Mon 10am-3:30pm & Wed 11:30am – 4pm

Where: Ratcliff Hall, 1 South Road, Airport West

Contact: Antonio on 0418 398 397

Greek Senior Citizen Club of Airport West

Social groups, lunches, day trips.

When: Thursday 8am-1pm

Where: Ratcliff Hall, 1 South Road, Airport West

Contact: George on 0409 979 027

Support / awareness

Anxiety Recovery Centre Self Help Support Group

Monthly group for people with anxiety disorders and their families.

When: The first Wednesday of the month 7.30pm-9pm

Where: Ascot Vale Neighbourhood Centre

Contact: Rascal on 9830 0566 or visit their website: www.arcvic.org.au

Essendon & District Diabetes Support Group

The group provides an opportunity for residents living with diabetes to meet others and share their experiences; also includes guest speakers.

When: Every fourth Saturday at 12.30pm-3pm

Where: Avondale Heights Library & Learning Centre; 69 -79 Military Rd, Avondale Heights.

Contact: Edith 0411 261 017

Valley Carers

Self help support group for parents/carers of people with a disability.

Contact: Henry on 0490 148 694.
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Friends for Life

Over 55's singles, widowers, widows, anyone on their own.

When: fortnightly on Thursdays from 6pm-9pm

Where: Niddrie Hub, Matthews Avenue, Niddrie

Contact: Brenda on 0419 514 082
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Neighbourhood Watch – Niddrie North

Social and public awareness group; promoting home and personal security. All welcome.

When: 2nd Thursday of each month at 7.30pm

Where: Niddrie Hub, Matthews Avenue, Niddrie

Contact: Edith 0411 261 017

Al-Anon Family Groups

Support for families of problem drinkers

“Is your home unhappy because someone drinks too much? Don't know where to turn? Al-Anon Family Groups can help!

When: Local meeting; Monday and Thursday 10:30am – 12 noon (lower meeting room) No appointment necessary. All welcome!

Where: Moonee Ponds Baptist Church, Corner Laura St and Eglinton St. Moonee Ponds.

Contact: 1300 252 666 to find a convenient meeting. No membership fees.

Website: www.al-anon.alateen.org/australia
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Volunteering in Moonee Valley

Volunteering is a great way to get involved with the Moonee Valley community.

No experience is necessary, just a keen interest and friendly attitude!

Opportunities to volunteer in Moonee Valley include, Walking School Bus, libraries and support people in need in our community.

Contact: Council's Volunteering Development Officer on 9243 8888 or email: volunteer@mvcc.vic.gov.au

Or check our website for the latest opportunities:

www.mvcc.vic.gov.au

Social

Probus Club - Essendon

For active retirees. Activities are based around providing and developing friendship, fellowship and fun. A wide range of activities are provided for members, their partners and friends. These include outings such as day trips, movie theatre sessions with lunch, visits to interesting local sites, guest speakers, morning teas, picnics, 4-5 day trips, luncheons, etc.

When: Second Tuesday of the month at 10am

Where: Windy Hill Venue, Essendon

Contact: Bob on 9379 2750 or 0408 301 057 or essendonprobus@hotmail.com

Probus Club – Avondale Heights

When: Third Wednesday of the month 9:30am-12pm

Where: Nancye Kirchner Neighbourhood Centre, Doyle Street, Avondale Heights

Contact: Sue on 0417 127 324

Probus Club – Essendon Buckley Park Ladies

When: Second Wednesday of the month 9:45am

Where: Windy Hill Venue, Cnr Napier & Brewster Streets, Essendon

Contact: Lesley on 0425 809 064

Niddrie Senior Citizen's Club

An opportunity to meet people and make new friends.

When: Monday at 12.30pm; cards

Tuesday at 1.30pm; Indoor bowls

Wednesday & Friday at 12.00pm; Bingo

Where: Niddrie Hub, 3-15 Matthews Ave, Niddrie.

Contact: During club hours 9351 0534

Country Women's Association of Victoria - Essendon Branch

Guest speakers, fundraisers, outings, craft, cooking.

When: 1st Monday of the month 1pm-3pm & Third Monday of the month 12pm-3pm

Where: Aberfeldie Baptist Church Hall, 5 Price Street, Essendon

Contact: Margaret on 0431 318 626

Country Women's Association of Victoria - Niddrie Branch

Guest speakers, fundraisers, outings, craft, cooking.

When: Every second Monday 7pm-9:30pm (except public holidays)

Where: St Thomas's Anglican Church Hall, 760 Mt Alexander Road, Essendon

Contact: Jenny on 0419 537 984

Community meals

Community dining rooms

Council has three dining rooms in Moonee Valley where a midday meal is served in a social setting. A three-course midday meal is served including orange juice, soup, main course (meat and vegetables) and a dessert.

Modified, vegetarian and prescribed special and culturally specific diets, as well as soft and vitamised meals, are catered for.

Lunch is served at 12 noon at:

- **Ascot Vale Neighbourhood Centre**
101 Union Road, Ascot Vale
Lunch served: Monday to Friday
- **Niddrie Community Hub**
15 Matthews Avenue, Niddrie
Lunch served: Wednesday
- **Flemington Community Centre**
25 Mount Alexander Rd, Flemington
Lunch Served: Wednesday

- **Avondale Heights Library and Learning Centre**
69-79 Military Rd, Avondale Heights
Lunch served : Friday

- **Kellaway Avenue Neighbourhood Centre**
5 Kellaway Avenue, Moonee Ponds
Lunch served: Monday and Thursday



Price: \$8.20 per meal. To book please call Intake on 9243 8806.

- **Crown Street Stables Community Café**

Where: Crown Street Stables, 40 Crown Street, Flemington

When: Open 7 days, 10am – 4pm (closed public holidays)

Barista coffee/tea, fresh sandwiches, hot meals and desserts!

The aim of the café is to keep local residents connected, in particular older residents and those living in nearby housing estates, and to provide training and employment pathways for people with a disability.

A subsidy on menu items is available for Seniors Cards, Disability Support Pension card and Disability Companion Card holders.

Community transport

Council offers accessible and affordable transport to eligible older residents and residents with a disability who cannot use public transport to access services and social activities.

Community transport operates Monday to Friday and is available to individuals and groups accessing community facilities.

Single Trip: \$2.65

Return Trip: \$5.30

To find out availability of Community transport please calls Intake on 9243 8806.

Contact me

For further information on social support groups within Moonee Valley, please contact Council's Healthy Ageing Officer on 9243 8894 or email connected@mvcc.vic.gov.au

9243 8888

mvcc.vic.gov.au

