



Yarra Ranges **Council**

Healthy Active Ageing in the Yarra Ranges

Emergency Contacts

Emergency Services

000	Police, Fire, Ambulance  www.triplezero.gov.au/
112	If your mobile phone is out of range or credit  www.ses.vic.gov.au/
106	Text for emergency relay service
13 25 00	Victorian State Emergency Services (SES)

Police Stations

9754 6677	Belgrave
5962 4422	Healesville
9739 2300	Lilydale
9756 6266	Monbulk
9725 9999	Mooroolbark
9736 2473	Mt Evelyn
9751 1241	Olinda
5966 2006	Warburton
9730 1296	Yarra Glen
5967 1104	Yarra Junction

Hospitals/Care

1300 606 024	Nurse-On-Call
1300 342 255	William Angliss Hospital
8804 9999	Box Hill Hospital
1300 342 255	Maroondah Hospital
9210 7000	Knox Private Hospital
13 74 25	National Home Doctor Service (Weekdays 6pm, Saturdays 12pm, Sunday all day)  13sick.com.au/

Local & Language Support

1300 368 333	Yarra Ranges Council
131 450	Translating and interpreting services
13 36 77	TTY for the hearing or speech impaired: TTY voice calls
1300 555 727	Speak and listen
0423 677 767	Speak and listen - SMS relay

Helplines

13 Yarn (13 92 76)	Support line for Aboriginal and Torres Strait Islander mob.
1800Respect (1800 737 732)	National domestic family and sexual violence counselling service.
1300 224 636	Beyond Blue
1800 100 500	Dementia Australia
1800 888 236	Direct Line - providing support for anyone in Victoria wanting to discuss an alcohol or drug-related issue.
1800 858 858	Gambler's Help
1300 845 745	Grief Line
13 11 14	Lifeline
1800 187 263	SANE
1300 651 251	Suicide Line Victoria
1800 33 00 66	National Continence Helpline

1800 And 1300 Call Line Information

18/1800 Numbers: no charge to the caller when calling from a landline. Charges when calling from a mobile will depend on the mobile provider. It is best to call your provider to check.

13/1300 Numbers: calling from a landline will charge local call costs or higher if calling from a mobile number.

Scam Information

Scam Watch Australian Competition & Consumer Commission

 scamwatch.gov.au

Information to help Australians recognise, avoid and report scams. If you or a loved one has been scammed, we recommend looking at this website for advice on what to do, including how to report a scam.

Introduction

Acknowledgement of Country

Yarra Ranges Council acknowledges country on which it is situated and the Wurundjeri people who continue to be the traditional custodians of the land, waterways and sky which sustain us. We pay our respects to all Aboriginal and Torres Strait Islander people and Elders past, present and emerging.

Wurundjeri communities understand the importance of Elders in guiding current and future generations through sharing their wisdom, love of country and commitment to community. Messages of respect, strength, resilience, caring and sharing are important attributes when connecting to place.

Elders play a critical role within the entire community through passing on invaluable knowledge and experience.

Mayor's Welcome

Welcome to Yarra Ranges Council's Healthy and Active Ageing guide. This guide highlights the broad spectrum of opportunities for people of all ages, in particular residents aged 50+, to engage in their local community.

The Healthy and Active Ageing guide is made to support residents to remain independent by providing them with the knowledge and skills to make the most out of their local community.

Council acknowledges that ageing is complex and all people have different experiences and interests. Council is committed to promoting healthy and active ageing and making Yarra Ranges an Age-Friendly Community - one that supports people and provides them with opportunities to contribute and participate, no matter their age or ability.

The guide provides information on local groups, services, exhibitions, learning and volunteering opportunities. There are also many recreational and physical activity options.

Thank you so much for taking the time to explore this guide. I hope you find something valuable within it.

Cr Sophie Toderov

**Mayor
Yarra Ranges Council**

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Services

Local Health Services

Inspiro

 9738 8801

 inspiro.org.au

 17 Clarke Street, Lilydale

 1616/1624 Burwood Hwy, Belgrave

Health and allied health services in person, online and via phone.

EACH

 1300 003 224

 each.com.au

 2468 Warburton Hwy, Yarra Junction

 18 – 22 Lakeview Drive, Lilydale

 1 Badger Creek Road, Healesville

Health and allied health services, in person, online and via phone.

Golden Wattle

 1 Joffre Road, Healesville

Social & Recreational activities for older isolated people, as well as older people with a disability.

Support Connect

 9800 1071

 supportconnect.org.au

Helping you find and connect with the right mental health, alcohol and other drug and suicide prevention health care service for yourself, family, friend or person you care for.

Healesville Hospital and Yarra Valley Health (Eastern Health)

 1300 130 381

 easternhealth.org.au

 377 Maroondah Highway, Healesville

Healesville Hospital and Yarra Valley Health provides a range of acute and community health services.

Eastern Health

 1300 342 255

 easternhealth.org.au

Emergency, surgical, medical and general healthcare services, including maternity, palliative care, mental health, drug and alcohol, residential care, community health and statewide specialist services.

Mental Health and Wellbeing in Yarra Ranges

 1300 000 252

 betterhealth.vic.gov/mhwlocal

Get the mental health and wellbeing support that suits you best. Mental Health and Wellbeing Local in Yarra Ranges is the front door to your mental health and wellbeing support, designed to meet you where you are through personalised support close to home.

Opening hours: weekdays: 9.00am - 5.00pm, closed on weekends.

Social Support Services & Agencies

<https://www.yarraranges.vic.gov.au/Community/Health-and-Wellbeing/Community-relief-and-support-agencies/Social-support>

A list of local groups and organisations that provide a range of support over the phone or in person and event at Cafes.

Eastern Community Legal Centre

[1300 342 255](tel:1300342255)

<https://eclc.org.au/>

Free and confidential legal help to communities and community members living in Melbourne's East. Information, support and free legal advice for Elder Abuse.

Yarra Ranges Food Connections

[9738 8814](tel:97388814)

<https://www.yarrarangesfoodconnections.com.au/celebrating-community/>

Connecting community to local projects and produce via community groups, edible gardens, hubs, farmers markets, food relief, food pantry, food swaps and much more.



Other Support Services

The Australian Centre for Grief and Bereavement Counselling and Support Service (BCSS)

 1800 222 200

 Grief line: 1800 642 066

 aged.grief.org.au

 grief.org.au

 info@grief.org.au

Victorian Seniors Card

 1300 797 210

 seniorsonline.vic.gov.au

People aged 60 are eligible for a Seniors Card. The free card provides cheaper public transport options and free off-peak travel vouchers and discounts on everyday items (fuel, groceries) and occasional items (travel, accommodation).

Housing for the Aged Action Group

 1300 765 178

 oldertenants.org.au

Specialises in housing inclusive of aged care solutions for older adults in Australia aiming to help find long-term, secure, and affordable housing.

Life!

 13 74 75

 <https://lifeprogram.org.au/>

In person or online program helping you to improve your eating habits, increase your physical activity and manage stress.

Dandenong Ranges Emergency Relief Service (DRERS)

 9754 7777

 www.drers.org.au

Non-profit organisation connecting community and supporting people experience financial stress, crisis and hardship in the Dandenong Ranges.

Holy Foods

 1300 133 889

 www.holyfools.org.au

Non-for-profit offering education, advocacy, meals and more!

Anchor

 1800 825 955

 <https://www.anchor.org.au/>

Child family services, homelessness support services, youth development services.

Second Bite

 1800 263 283

 <https://secondbite.org/>

Find a local organisation or place that provides a meal or parcel for individuals or families.

Head to Health

 1800 595 212

 <https://www.headtohealth.gov.au/>

Free information over the phone or online for mental health support for yourself, someone you care about, or just trying to improve your wellbeing. Head to Health is a good place to start.

Direct Line

 1800 888 236

 <https://www.directline.org.au/>

Confidential alcohol & drug counselling and referral in Victoria.

QLife

 1800 184 527

 <https://qlife.org.au/>

Anonymous and free LGBTQ+ peer support and referral.

Relationships Australia

 1300 364 277

 <https://www.relationships.org.au/>

Relationship support services for individuals, families and community.

Healthy End of Life Program

 <https://healthyendoflifeprogram.org/>

Information to improve the everyday experiences of dying, death and bereavement. Ensuring people can access the right help, at the right time.



Support Groups

Caladenia Dementia Care

☎ 9727 2222

🌐 caladenia.com.au

📍 11 Hilledge Ln, Mooroolbark

Caladenia provides respectful care and support for people living with dementia and their carers.

Bridges Connecting Communities

☎ 9753 4577

🌐 bridgescc.com.au

Supports independence and promotes socialisation within our senior and disability community who reside in their own home.

Uniting Melba Social Support Group

☎ 139 375

🌐 unitingvictas.org.au

Social support programs for people living in the Yarra Ranges. Experience group outings, lunches, a range of workshops whilst enjoying the company of new friends in your local community.

My Aged Care

My Aged care is the first point of call where Individuals are able to access Australian Federal Government funded Aged care supports. Both the Website and telephone line are able to assist older Australians, their families or carers to access supports.

If you require assistance around the house or think that it may be time to access residential aged care, My Aged care can assist.

For more information visit or call: myagedcare.gov.au or **1800 200 422**.

My Aged Care Provides:

- Information on the different types of aged care services available.
- An assessment of needs to identify eligibility and the right type of care.
- Referrals and support to find service providers that can meet your needs.
- Information on what you might need to pay towards the cost of your care.

Step 1: Learn about the different types of care

You can see what services are available to help you stay in your own home, or what to expect in an aged care home.

Step 2: Get assessed

To find out if you are eligible, this is your next step. Read about how to apply and what's involved in the assessment process.

Step 3: Find a provider

If you've been assessed and are ready to find a provider and set up your new services, start here.

Step 4: Manage your services

If you are receiving services and want to check what you've got in place or make some changes, head to this section.

How we can help

Yarra Ranges Council's, Healthy Ageing Consultants can explain how My Aged Care works and can offer information to guide you through the aged care system.

This free service will explore the choices with you and may help aid you in making the decision that suits you best.

To find out more information on how we can help, please contact our Healthy Ageing Consultants on **1300 368 333** or at agewell@yarraranges.vic.gov.au.

Emergencies

Are You Prepared?

Creating a Plan

There are many things to consider when faced with danger. When filled with stress and adrenaline, people often panic which could put you and your family in more danger. Avoid regrets by considering the important decisions and writing these down before you are faced with an emergency.

For information on how and where to create a plan visit: emergencyprepare.com.au

Planning for pets and animals

Do you have pets or other animals? Make sure to plan for them as well. The resources below will help you develop a plan with your animals in mind.

agriculture.vic.gov.au/farmmanagement/emergencymanagement/emergency-animalwelfare

Keeping Informed About Emergencies

Fire danger ratings are available on the CFA website and the VicEmergency App or website.

 **cfa.vic.gov.au**

 **emergency.vic.gov.au**

Insurance And Emergencies

People who don't have insurance or who are underinsured find it very difficult to rebuild their lives without it.

Conduct an annual insurance check-up.

Make sure to check your policy every year to ensure that your policy provides you with enough cover to rebuild to a standard that you are comfortable with.

Know what your policy covers

Will your policy cover accommodation, removal of debris or demolition costs? These details matter.

Make a home inventory

Rebuilding or replacing lost items is easier if you have an accurate home inventory.

Here are some methods you could use to document the contents of your home before an emergency occurs:

- Use your smartphone to video/ photograph your belongings
- Take a walk and video the outside of your property as well, fences, retaining walls, shed, garages and their contents
- Keep your inventory and photos at another location to your home or store this information online.

Other Contacts

Council Of The Ageing (COTA)

 9655 2100

 1300 13 50 90

 askcota@cotavic.org.au

 cotavic.org.au

An advocacy, support and education organisation aiming to create recognition and promote a positive voice for older Australians. Get help finding information about pensions and concessions, public transport, housing, utilities, banking etc.

Interpreter available on 13 14 50.

Seniors Online

 1300 797 210

 seniorsonline.vic.gov.au

Information and links provided by the Victorian Government regarding:

- The Seniors Card program
- Victorian Seniors Festival
- Better Health Channel information
- Victorian Government programs
- Community information and contacts

Senior Rights Victoria

 1300 368 821

 seniorsrights.org.au

Provides information and legal assistance for older adults experiencing elder abuse or for friends and family who are worried about a loved one.

Services provided include:

- Legal Support
- Telephone information and referral
- Advocacy and support
- Community education

Services Australia (Centerlink)

 132 300

 servicesaustralia.gov.au

Dedicated phone line for older Australians needing support or information on:

- Age Pension
- Commonwealth Seniors Health Card
- Payments, information and help following the death of a loved one
- Financial Information Service
- Pensioner Concession Card
- Home Equity Access Scheme
- Centerlink debts and over-payments

Friend Line

 9663 2740

 friendline.org.au

Reconnect or just have a chat with a friendly volunteer.

WIRE – Women’s Information and Referral Exchange Inc

 1300 134 130

 wire.org.au

Information and referral service for Victorian women, non-binary and gender-diverse people.

Office Of the Public Advocate

 1300 309 337

 publicadvocate.vic.gov.au

Promoting and safeguarding the rights, interests and dignity of people living with a disability.

Aged Care Quality and Safety Commission

 1800 951 822

 agedcarequality.gov.au

Ensures funded aged care facilities are safe and provide quality care. To make a complaint, visit the website or call.

Elder Rights Advocacy

 1800 700 600 or 9602 3066

 era.asn.au

Provides support and information for individuals, families and representatives in Victoria who are experiencing issues with Commonwealth funded aged care services.

OPAN

 1800 700 600 or 9602 3066

 <https://opan.org.au/>

Provides support and information for individuals, families and representatives in Victoria who are experiencing issues with Commonwealth funded aged care services.

Mensline Australia

 1300 78 99 78

 mensline.org.au

Information and support specific for men.

Older, Not Alone Campaign

 <https://oldernotalone.com/>

Resources and information to find social groups, support for elder abuse, finances and vaccinations.

LiveUp

 1800 951 971

 <https://www.liveup.org.au/>

Free, confidential and personalised Navigation service to help understand and explore healthy ageing options.

Public Toilet Map

 <https://toiletmap.gov.au/>

Online resource to find the nearest public toilet.

Planning for the Future: People with a Disability

 1800 951 971

 <https://www.liveup.org.au/>

Online guide with information about setting up a trust, accessing legal and financial advice.



Indigenous Services

Mullum Mullum Indigenous Gathering Place

 9725 2166

 mmigp@mmigp.org.au

 mmigp.org.au

 3 Croydon Way, Croydon

 47-49 Patterson Street, Ringwood East

A culturally safe and inclusive space for Aboriginal and Torres Strait Island people to come together through a range of community support programs.

Oonah Belonging Place

 5962 2940

 admin@oonah.org.au

 oonah.org.au

 1A Badger Creek Rd, Healesville

Point of contact for community members, to access information, services and programs.

Boorndawan Willam Aboriginal Healing Service

 9212 0200

 bwahs@bwahs.com.au

 bwahs.com.au

 289 Swansea Rd, Lilydale

Services specialising in therapeutic programs for individuals and families.

Victorian Aboriginal Heritage Council

 9922 7002

 vahc@dpc.vic.gov.au

 aboriginalheritagecouncil.vic.gov.au

 Suite 2, Level 3, 3 Treasury Place, East Melbourne

Representing groups with a Traditional Owner Settlement Agreements for an area of country.

Koori Heritage Trust

 8662 6300

 info@korieheritagetrust.com

 korieheritagetrust.com.au

 243 Flinders Lane, Melbourne

The Trust emerged from a need to promote greater awareness, understanding and appreciation of Koorie culture throughout the community.

Coranderrk – Wandoon Estate Aboriginal Corporation

 wandoonestate@gmail.com

 coranderrk.com

 19 Barak Lane, Healesville

Representing the history and continuing care of the Aboriginal reserve known as Coranderrk. Visitation by appointment only.

Victorian Aboriginal Legal Service

📞 1800 064 865

✉️ vals@vals.org.au

🌐 vals.org.au

📍 273 High St, Preston

A bridge between the Australian legal system and the Aboriginal and Torres Strait Islander community.

VACCA Family Services - Chirnside Park

📞 8727 0200

✉️ vacca@vacca.org

🌐 vacca.org

📍 1E Ridge Drive, Chirnside Park

Assisting children, young people, families and community members.

Wurundjeri Land Council

📞 9416 2905

✉️ reception@wurundjeri.com.au

🌐 wurundjeri.com.au

📍 1 St Heliers St, Abbotsford

Representing cultural heritage, natural resource management, cultural practice events, consultations, language, naming and education, tours, and cross-cultural Awareness Training.

Victorian Aboriginal Health Service

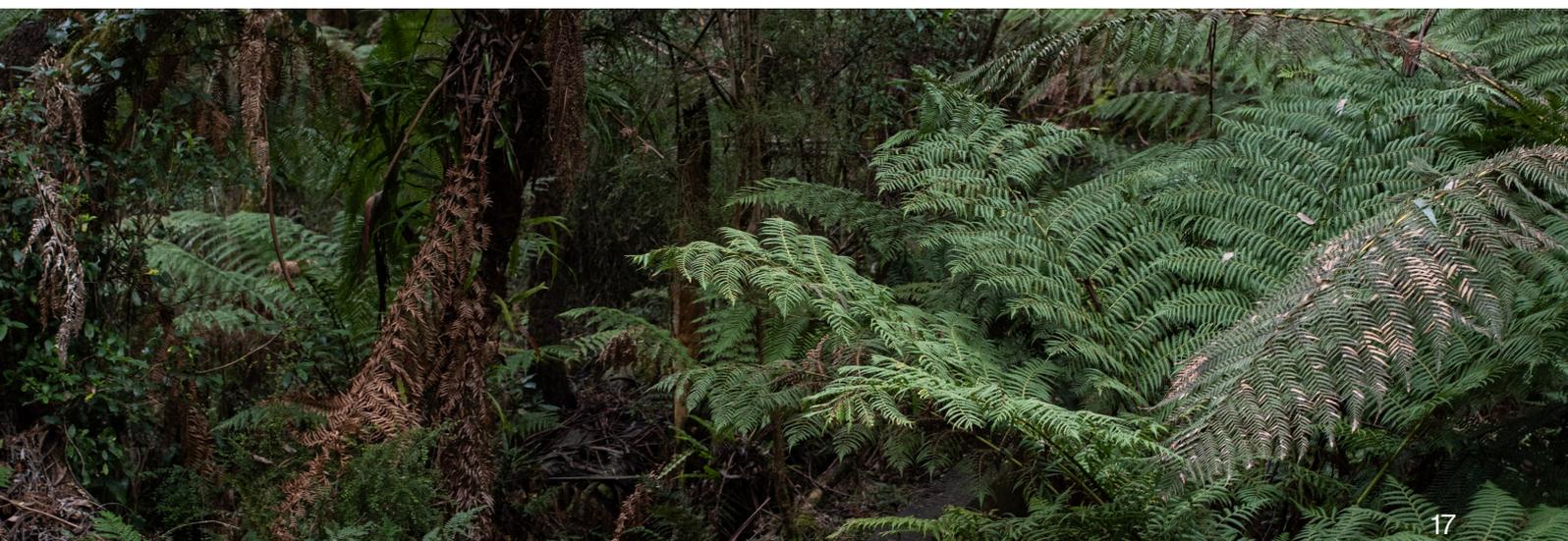
📞 9419 3000

✉️ info@vahs.org.au

🌐 vahs.org.au

📍 186 Nicholson Street, Fitzroy

The Victorian Aboriginal Health Service (VAHS) was established in 1973 to address the specific medical needs of Victorian Indigenous community.



Support for Carers

Caring for an individual or group can happen unexpectedly, or caring responsibilities may increase over a life course. Nonetheless, it is important that carers have access to supports so they can continue to live and enjoy a fulfilled and supported life.

Pathway For Carers – Mt Evelyn & Healesville

 pathwaysforcarers.com.au

Join a weekly walking group to connect with others who are caring for people with a disability or mental illness and chat about news, services and support for carers. Free coffee and cake after each walk.

Healesville: Wednesdays

 1300 368 333

Meet at the Beechworth Bakery

Mt Evelyn: Thursdays

 9736 1177

Meet at the Mt Evelyn Community House,
50 Wray Cres, Mt Evelyn

Carer Gateway

 1800 422 737

 carergateway.gov.au

Free services and support for carers including, in-person and online peer support groups, support packages, counselling, coaching, skills development and access to emergency respite.

Carers Vic

 1800 514 845 or 9396 9500

 carersvictoria.org.au

Voice for family carers, representing and providing support for carers.

Grandparents Victoria

 9372 2422

 grandparents.com.au

 info@kinshipcarersvictoria.org

Advocacy group for grandparents and grandchildren's issues and needs. Contact the group for more information about their campaigns and information about how grandchildren can be supported.

Mind Australia – Carer Helpline

 1300 554 660

 mindaustralia.org.au

Over the phone information and advice for carers supporting someone through mental illness.

Transport

Eastern Volunteers Community Transport

 9870 7822

 easternvolunteers.org.au

Eastern Volunteers Community Transport program delivers caring and reliable transport to people under 65 years of age with a disability and anyone over 65 years of age who lives in the Whitehorse, Maroondah, Manningham or Yarra Ranges local government areas.

We are an inclusive organisation supporting culturally and linguistically diverse people, Aboriginal and Torres Strait Islander peoples and lesbian, gay, bi, transgender, queer, intersex and asexual communities.

Public Transport Victoria

 1800 800 007

 ptv.vic.gov.au

For all public transport information including, planning your journey and organising your tickets. Free public transport vouchers are available through the Seniors Card program.

MRE Real Estate

 9756 6011

 <https://www.mre.net.au/>

Community Bus available to book and use.

Disabled Parking Permit

 Vic Roads 1300 56 677

 YRC 1300 368 333

 accessibleparking.vic.gov.au

To obtain or renew an accessible parking permit you will need to apply online via the link above. If you need help with your application or finding somewhere to apply online, call Vic Roads or Yarra Ranges Council.

HICCI - Healesville

 5911 6000

 <http://www.hicci.org.au>

Operated by our team of friendly and dedicated volunteer drivers, our transport service helps older community members, people living with a disability and their carers – and other community members when we can.

We aim to help people live independently and stay well connected.

Our transport service includes:

- Transport to and from medical and healthcare appointments
- Assisted social transport, including visits to friends and relatives and to other social activities
- Healesville's 'Thursday Town Traveller' (HICCI bus stopping at designated destinations)
- Regular group shopping trips to Chirnside Park Shopping Centre, Bunnings, Lilydale Marketplace, Eastland and IGA Yarra Glen
- Mystery tour social outings (HICCI bus)

Lifelong Learning

Whether it's the love of learning, fascination, interests and fun can begin again or can increase through new opportunities before and during retirement. Whether you're interested in technology or nature, joining a group or meeting regularly with friends to learn, these activities keep us connected and improve physical and mental health as we age.

Yarra Ranges has many opportunities to engage from short to long courses or group activities, we hope there is something here for you!

Call the group you are interested to connect with to find out about timetables, costs and what you might need to bring.

Technology Information & Support

Be Connected

 **1300 795 897**

 **beconnected.esafety.gov.au**

An Australian government initiative committed to building the confidence, digital skills and online safety of older Australians. Find information on:

- Tech
- Scams
- Phones and Apps
- Smart home devices
- Fun online games
- Podcasts

Eastern Regional Libraries

Belgrave, Healesville, Lilydale, Montrose, Mooroolbark, Yarra Junction

 **yourlibrary.com.au**

 **1300 737 277**

Your Library has activities and collections to help you live a fun, fulfilled and connected life.

Make new friends and learn new things at our:

- Gardening groups
- Book chats and Author talks
- Craft clubs
- English language chat groups
- Gaming groups

Troubled by technology?

Free and friendly 1-1 support sessions and workshops. Bookings essential. Call or visit your local library to make a booking.

University of the Third Age - U3A

U3A groups create an opportunity for learning from peers or sharing your knowledge, to meet new people and join in physical activities for people who are semi-retired or retired. From art classes to information sessions or regular walks, each U3A offers a fun timetable of opportunities!



Healesville

📞 0490 917 975

🌐 healesvilleu3a.org.au

✉️ healesville.u3a@bigpond.com

📍 Old Healesville Court House,
42 Harker Street, Healesville

Mt Dandenong U3A

📞 9728 4431

🌐 u3amountdandenong.org

✉️ u3amtdandy@gmail.com

📍 Farndons Hall 42 Falls Rd, Kalorama

Sherbrooke U3A

📞 9754 3339

🌐 sherbrookeu3a.org.au

✉️ office@sherbrookeu3a.org.au

📍 1/6 Mahony St Upwey

Walmsley Village

📞 9725 3406

📍 84 Greeves Drive, Kilsyth

U3A group at Walmsley Village.

Upper Yarra U3A

📞 5967 1702

🌐 upperyarrau3a.org.au

✉️ office@upperyarrau3a.org.au

📍 Upper Yarra Family Centre, 2444 Warburton Hwy (cnr. Hoddle St), Yarra Junction

Yarra Ranges U3A

📞 9728 1132

🌐 u3ayarraranges.com.au

✉️ secretary@u3ayarraranges.com.au

📍 Japara House, 54 – 58 Durham Rd, Kilsyth



Neighbourhood & Community Houses

Neighbourhood houses offer community-based programs, services and activities including hobby classes, accredited training, health and fitness programs, support groups, internet and computer access, tech training and support, printing and photocopying facilities.

CIRE

 1300 835 235

 cire.org.au

Yarra Junction

 2463 Warburton Hwy, Yarra Junction

Chirnside Park

 33 Kimberley Drive, Chirnside Park

Cire provides flexible learning opportunities, education and training along with social and fitness groups and classes.

Healesville Living & Learning Centre

 5962 5982

 hlhc.org.au

 1 Badger Creek Road, Healesville

We provide quality programs and activities focusing on empowering and supporting people in an environment that encourages lifelong learning.

Lilydale Community House

 0493 150 176

 lilydalech.org.au

 7 Hardy Street, Lilydale

Activities, events, classes or a social catch up with others. Welcoming and affordable opportunities for social connection and lifelong learning.

Mt Evelyn Community House

 9736 1177

 mtevelynch.com.au

 50 Wray Crescent, Mt Evelyn

Connect, learn, be inspired and contribute in your local community.

Olinda Community House

 9751 1264

 och.org.au

 79-81 Olinda-Monbulk Road, Olinda

Providing avenues for participation, at an affordable cost, to all people within the Hills community.

Selby Community House

 9754 2039

 selbyhouse.org.au

 1 Minak Road, Selby

A colourful and lively place where community members can come together to connect, collaborate and learn.

Seville Community House

 5964 3987

 sevillecommhouse.org.au

 8 Railway Road, Seville

Affordable classes and activities to suit all age groups in a friendly environment.

Woori Community House

 5964 6857

 wooricommhouse.org.au

 Shop 5/ 1385 Healesville Koo Wee Rup Road, Woori Yallock

Affordable courses, groups, community events, venue hire and access to low cost computer, internet and printing services.

Yarra Glen Living and Learning Centre

 9730 2887

 yarraglen.com/livingandlearning

 12 - 14 Anzac Avenue, Yarra Glen

Come together to share your skills and experiences and to enjoy each other's companionship.

Japara Neighbourhood House

 9728 3587

 japarahouse.com.au

 54-58 Durham Road, Kilsyth

Educational and social services for the people of Kilsyth, Montrose and beyond.

Other Groups & Resources

Dandenong Ranges Toastmasters

 <https://www.facebook.com/DRTMasters>

 3979@toastmastersclubs.org

Meet Wednesdays 7:15 – 9:30pm

Learn or practice your public speaking skills and have fun with this friendly group!

The Hills Toastmasters Club

 0414 509 463

 <https://www.facebook.com/thehillstoastmastersclub>

 thehillstoastmasters@gmail.com

Meet 1st & 3rd Wednesday monthly, 7:30

Enjoy practicing your speaking skill with a friendly group!

Canva

 <https://www.canva.com/>

Canva is a free online resource with templates for you to create flyers, posters brochures and much more!

*You will need to create an account. There are some 'elements' within the website which have a cost associated with them. You will not be charged until you download your design.

Volunteering

Volunteering With Yarra Ranges Council

Council encourages community members from all ages, backgrounds and skill levels to volunteer. It's a wonderful way to make a contribution to the community and there are many health and wellbeing benefits for those who volunteer.

Whether you can spare only a few hours a month, or volunteer each week, all offers of assistance are very welcome.

See Council's volunteering opportunities contact Council:

 yarraranges.vic.gov.au/volunteer

 1300 368 333

Community Storyteller -Bookaburra

Bookaburra volunteers run book reading or story time sessions with small groups of parents and young children in the community.

L2P Learner Driver Mentor Program

L2P Volunteers assist young people who do not have access to a supervising driver, or an appropriate vehicle to gain driving experience required for a probationary license.

Gardens for Wildlife

 1300 368 333

 gardensforwildlife@yarraranges.vic.gov.au

Assists Yarra Ranges residents to create a garden which supports local wildlife. As a volunteer you will share your knowledge and enthusiasm for wildlife gardening and will be supported with training and information along the way.

Bridges Connecting Communities

 9753 4577

 bridgescc.com.au

Bridges supports people in the South West Yarra Ranges covering Belgrave/Upwey and the Dandenong Ranges. Volunteer roles include transport driving, assisted shopping, dog walking, phone a friend, friendly visiting, social support assistants and office administration.

Mooroolbark And District Miniature Railway

 9723 1025

 mmr.org.au

Join us to help run and maintain the railway at Kiloran Park, Hawthory Road, Kilsyth. For those mechanically minded there are numerous activities including locomotive and track maintenance/construction as well as drivers, station assistants, point controller, and BBQ.

Upwey Township Tool Library

 upweytownshiptoolibrary.myturn.com/library/

Join this new, grass-roots, environmentally sustainable initiative providing an opportunity to share and borrow; hand, power, garden tools, ladders, etc. For use on household and community projects. Skilled volunteers with an interest in gardening and household maintenance needed for an hour or two per month.

Melba Support Services & Melba Dog Buddies

 9212 0106

 melbasupport.com.au/volunteer

This program pairs people with intellectual disabilities or neurotrauma with a volunteer and their dog. There are many other activities and support programs.

Caladenia Dementia Care

 9727 2222

 <https://www.caladenia.com.au/>

Support existing programs by adding value and diversity!

Eastern Volunteers

 9870 7822

 easternvolunteers.org.au

Eastern Volunteers can help you find a volunteer position in the outer eastern suburbs of Melbourne. Please call to discuss the type of volunteering that would best suit you.

Environmental Friends & Landcare Groups

There are over 70 Environmental Volunteer Groups across the Yarra Ranges. An environmental volunteer group is a group of people who work together to conserve native plants and/or animals, reserves, parkland, bushland, roadsides and waterways on public or private land.

If you are interested to know more, or want to find a group in your area, or would like to start a group, please visit or call:

 yarraranges.vic.gov.au/Volunteer

 EnvironmentalVolunteers@yarraranges.vic.gov.au

 1300 368 333

Friends of the Helmeted Honeyeater

 5964 8341

 helmetedhoneyeater.org.au

 info@helmetedhoneyeater.org.au

 **Woori Yallock & Yellingbo Indigenous Plant Nursery at 1217 Macclesfield Road, Yellingbo**

Volunteer in the Indigenous Plant Nursery or the Yellingbo Nature Conservation Reserve, which involves supplementary feeding of Helmeted Honeyeaters and monitoring their welfare.

Friends Of Hoddles Creek

 9728 2992

 friendsofhoddlescreek.com

 friendsofhoddlescreek@gmail.com

We have a role in community and school education about the importance of native forests and waterways in providing a wildlife habitat and the need to balance this heritage against development activities.

Friends of Belgrave Lake Park

 9754 8003

 hiwood@bigpond.net.au

 **35 Park Dr, Belgrave**

An important focus of the group is protection and restoration of Monbulk Creek as a platypus habitat.

Montrose Environmental Group

 9723 4700

 meg.org.au

 info@meg.org.au

The Montrose Environmental Group was formed in 1971 and continues to benefit the local environment. You do not need to be physically active to be a member.

Friends of Sherbrooke Forest

 9756 6977

 friendsofsherbrookeparkc@gmail.com

 friendsofsherbrookforest.blogspot.com

Welcome to all no matter one's gardening experience.

Southern Dandenongs Community Nursery

 9754 6962

 sdcn.org.au

 **Birdsland Reserve, 271 Mt Morton Rd, Belgrave Heights**

Interested volunteers are very welcome to learn skills in identifying local native plants of the Dandenongs, how to grow plants, how to collect and treat local native plant seed, where to grow plants as well as help with publicising the nursery and maintaining native plant data bases.

Friends of Glenfern Valley Bushlands

 glenfernvalleybushlands.org.au

 glenfernvalleybushlands@hotmail.com

 **Glenfern Road, Upwey**

A 40-hectare tranquil nature reserve with a beautiful landscape and is a haven for birds along Ferny Creek. We welcome both walkers and volunteers.

Friends of Upwey South Reserve

 0400 098 789

 **Morris Road, Upwey**

There are opportunities for members to participate in environmental works and training activities. A Child Safe group.

Friends of Margaret Lewis Reserve

 0418 389 900

 mlresrve@bigpond.com

 **Ingram Road, Coldstream**

Aims to maintain the environmental integrity of the reserve whilst encouraging community participation.

Friends of Elizabeth Bridge Reserve

 **Graeme 0404 817 344**

 **Des 9725 1889**

 **39-47 Durham Road, Kilsyth**

We run monthly working bees on the 1st Sunday of every month at 2pm.

Montrose Environmental Group Inc

 9723 4700

 meg.org.au

Join us for weed removal and re-vegetation working bees in the reserves and parks within Montrose and surrounding areas.

MULGA - Montrose Upper Landcare Group

 0417 054 402

 yarrarangeslandcare.org.au

Old Coach Rd Montrose at the corner of Browns Rd Join us for the “Weed Wallop” on the first Saturday of the Month.

Friends of Kurth Kiln

 5967 4201

 friendsofcurthkiln.org.au

 **Beenak Road and Soldiers Road**

Kurth Kiln is best known for its iconic kiln that was used during the Second World War. Working Bees are on the second Saturday each month, starting at 10am.



Arts & Culture

Cultural Centres

Creativity, art, culture and an active appreciation of heritage thrives across the Yarra Ranges. For years, Yarra Range's six multipurpose community and arts centres have been vital for entertainment, celebrations, learning, meetings and networking.

From showcasing internationally renowned artists to hosting weekly local dances, the centres offer a variety of arts activities and events including film screenings, community performances, exhibitions and music programs.

For tickets to any of our venues contact the Box Office:

 **9294 6511**

 **yarraranges.sales.ticketsearch.com**

 **boxoffice@yarraranges.vic.gov.au**

Arts Centre, Warburton

 3409 Maroondah Hwy, Warburton

Historic buildings with a strong entertainment program, regular exhibitions and lively community gathering.

Montrose Town Centre

 935 Mt Dandenong Tourist Road, Montrose

Contemporary music, classical concerts, story time activities and school holiday fun. The Centre is popular for networking among new parents, senior citizens, and local singers.

Burrinja Cultural Centre

 351 Glenfern Road, Upwey

Diverse multi arts program of community events, exhibitions, workshops and performances.

Mooroolbark Community Centre

 125 Brice Avenue, Mooroolbark

Arts and cultural activities, performances, art exhibitions and workshops including painting and pottery for all ages.

The Memo, Healesville

 235 Maroondah Hwy, Healesville

The Memo is where Healesville comes alive with music, film, theatre, live performances, artist showcases and cultural activities.

Yarra Ranges Regional Museum

 35-37 Castella Street, Lilydale

Special exhibitions, permanent collection, a relaxing café, museum shop and programs for all ages are among just some of the attractions for all age groups.

Mooroolbark Theatre Group Inc.

 0478 618 983

 <https://mtg.org.au>

 125 Brice Ave, Mooroolbark

MTG is a small, friendly group of people, presenting high quality comedy in the local community.

Yarra Valley Arts

 5906 1149

 <https://www.yava.org.au>

 252a Maroondah Hwy, Healesville

YAVA is a proud initiative of Yarra Valley Arts, the not for profit, volunteer-based organisation supporting local artists for over thirty years.

Yarra Ranges Film Society

 0408 292 664

 www.yarrarangesfilmsociety.org.au

 3409 Warburton Hwy, Warburton

To promote cinema as an art form in the Yarra Ranges area through regular screenings of quality films in local venues, as well as holding special events such as film festivals.

Social Connection

Gardening Groups

Upper Yarra Valley Gardening Club Inc

 5966 2828

 upperyarravalleygardenclub.com

Ferny Creek Horticultural Society

 8719 6924

 fchs.org.au

Wandin Garden Club Inc

 0407 856 821

 facebook.com/wandingardenclubinc

Yarra Valley Bonsai Society

 0418 147 871

 yarravalleybonsai.org.au

Yarra Valley Orchid Society

 0408 525 134

 facebook.com/groups/946158115892025

Steels Creek Garden Club

 9730 1960

 steelscreek.vic.au/communitygroups/garden-club

Permaculture Yarra Valley

 permacultureyarravalley.org

Healesville's Garden Gossip – Plant, Produce, and Info Swap

 9800 6497

 events.yourlibrary.com.au

Yarra Junction Planters

 9800 6462

 events.yourlibrary.com.au



Music, Singing & Dancing

Dandenong Ranges Music Council Inc

 0424 910 282

 drmc.org.au

Yarra Valley Singers

 0418 179 921

 yarravalleysingers.com

Sweet Sassafras Community Choir

 0407 057 798

 sites.google.com/site/sweetsassafraspublicsite

Sing Australia! Tecoma Choir

 0417 016 086

 singaustralia.com.au

Sing Yarra Ranges

 https://www.facebook.com/SingYarraRanges?locale=sw_KE

Dancesport Kingdom Lilydale

 9739 6011

 dancesportkingdom.com.au

Senior Citizen Clubs

Senior Citizens Clubs provide a welcoming place where people enjoy friendship and companionship with a varied and interesting program including meals, outings and activities.

Chirnside Park Senior Citizens Club

 33 Kimberley Drive, Chirnside Park
 9725 5226

Circolo Pensionati Italiani Di Lilydale

 5 Hardy St, Lilydale
 9736 9115 / 0414 659 277

Kilsyth Senior Citizens Club

 Japara House | 54-58 Durham Road Kilsyth
 9728 3587

Lilydale Seniors Citizens Club

 7 Hardy St, Lilydale
 9725 6371

National Seniors Yarra Ranges

 Lilydale Lake Community Room, Lilydale Lake Road, Lilydale
 0459 155 527

Mooroolbark Senior Citizens Club

 125a Brice Ave, Mooroolbark
 0448 506 109

Yarra Valley Over 50's Friendship Group

 Coldstream Community Centre Kelso St, Coldstream
 0448 772 327

Montrose Senior Citizens Centre

 Montrose Town Centre 2/935 Mount Dandenong Tourist Road, Montrose
 0427 206 693

Healesville Senior Citizens Club

 18 Green St, Healesville
 5962 1550

Wandin And District Senior Citizens Club

 401 Warburton Hwy, Wandin
 9780 2100

Yarra Glen Senior Citizens Club

 45 Bell St, Yarra Glen
 9726 9493

Yarra Junction Over 50's Friendship Group

 Yarraburn 1 Park Road, Yarra Junction
 0400 515 755

Country Women's Association (CWA)

The Country Women's Association is a vibrant, self-funded philanthropic organisation of women supporting women, children and families across Victoria. CWA's cook, craft and advocate for change.

To view club details and further information visit cwaofvic.org.au

Belgrave CWA

 0413 497 124

 lisa@robson.ph

 1596 Burwood Hwy, Belgrave

Meets 2nd and 4th Wednesday of each month at 10:30 am.

Monbulk CWA

 0419 107 827

 wemcolder@hotmail.com

 Monbulk RSL: 48 Main Road Monbulk

Meets 1st Tuesday of each month at 10.30am.

Monbulk Lady Night Hawks CWA

 0434 789 738 or 0414 387 332

 angela.arnott45@gmail.com

 Wellington cottage - The HUB, 9-13 David Hill Road (opposite Aldi), Monbulk

Meets 1st Monday of each Month at 7pm. A friendly group involved in various social activities.

Mooroolbark CWA

 0434 789 738 or 0414 387 332

 angela.arnott45@gmail.com

 St Margaret's church: 207-219 Hull Rd, Mooroolbark

Meets 1st Monday each Month at 7pm.

Wanallock CWA

 9756 6385

 alisonbrain2@gmail.com

 220 Warburton Hwy, Wandin North

Wandin CWA

 0404 950 004

 cwa.wandin.vic@gmail.com

 220 Warburton Hwy, Wandin North

Meets last Tuesday each month at 1.30pm and Wednesday from 10am-1pm.

Tarrawarra CWA

 0417 230 835

 karinalnoble@gmail.com

 13/15 High St, Healesville

Rotary

Australian Rotary Clubs are part of an international network of business, professional and community leaders who strive to make the world a better place through practical efforts. Through Rotary International, the reward of “paying it forward” unites men and women from different backgrounds, cultures, religious and political beliefs, allowing ordinary people to do extraordinary things.

For more information on Rotary, visit rotary.org

Belgrave Rotary

 0409 251 569

 belgraverotary.com

 gusroz@hotmail.com

 Ferntree Gully Bowling Club, 2A Glenfern Rd,
Ferntree Gully

Monbulk Rotary

 0429 418 925

 rotarymonbulk@gmail.com

 Monbulk Living & Learning Centre Main St
Monbulk

Lilydale Rotary

 0423 55 88 33

 rotarylilydale.org.au

 contact@rotarylilydale.org.au

 Chirnside Park Country Club, 68 Kingswood
Drive, Chirnside Park

Healesville Rotary

 rotaryhealesville.org

 president@rotaryhealesville.org

 326 Badger Creek Rd, Healesville

Wandin Rotary

 0407 819 562

 wandinrotary.org

 The Hub: 410 Clegg Road, Wandin North

Returned & Service League (RSL)

RSL aims to support the wellbeing of former and serving members of the ADF, and their Dependants. Providing welfare and commemorative services and, contribute to the worthy needs within the community.

Warburton

-  5966 9874
-  warburtonrsl.org.au
-  warburtonrsl@gmail.com
-  3325 Warburton Highway, Warburton

Monbulk RSL

-  9752 1100
-  monbulkrsl.org.au
-  monyrsl@iprimus.com.au
-  48 Main Rd, Monbulk

Mt Evelyn RSL

-  9737 0767
-  moutevelynrsl.com
-  mtevrsl@gmail.com
-  49 Birmingham Rd, Mt Evelyn

Healesville RSL

-  5962 5017
-  healesvillersl.com.au
-  manager@healesvillersl.com.au
-  275-279 Maroondah Hwy, Healesville

Upwey RSL

-  9754 3665
-  upweybelgraversl.org.au
-  1-3 Mast Gully Rd, Upwey

Dandenong Ranges RSL

-  0484 126 226
-  secretary@drsl.org.au
-  1773 Mountain Highway, Sassafras

Lilydale RSL

-  9739 5680
-  lilydalersl.com.au
-  52 Anderson St, Lilydale

Upper Yarra RSL

-  5967 1771
-  upperyarrarsl.com.au
-  119 Settlement Road, Yarra Junction

Yarra Glen RSL

-  0418 992 998
-  yarraglen.com/RSL
-  ed@yarraglen.com
-  Yarra Glen Memorial Hall, 45 Bell St

Historical Societies, Museums & Sites

Lilydale & District Historical Society

 0475 219 884

 lilydalehistorical.com.au

 info@nelliemelbamuseum.com.au

 Old Lilydale Court House, 61 Castella Street
Lilydale

Maintain an extensive paper-based archive on people, places and events of the area, including Dame Nellie Melba and her family.

Meetings at 1pm on the first Saturday of each month.

Mont De Lancey Historic Homestead

 5964 2088

 montdelancey.org.au

 71 Wellington Rd, Wandin North

Historic homestead built in the 1880's by an early settler family, the Sebires.

Yarra Valley Machinery Preservation Society uses this space to preserve and restore machinery.

Upwey/Belgrave RSL, Running Rabbits Military Museum

 9754 3665

 upweybelgraversl.org.au

 upweybelgraversl@gmail.com

 1 Mast Gully Rd, Upwey

Displays weaponry, documents and equipment from the Boer War through WWI and WWII to the current day.

Mt Dandenong & District Historical Society Inc

 9728 1437

 ddhs.com.au

 mtddhs@gmail.com

 Farndon's Community Hall, 42 Falls Rd,
Mt Dandenong

Collect, document, research, preserve and make available items that show the development of the Dandenongs and District from early settlement to present day.

Mt Evelyn History Group Inc

 9736 2935

 mt-evelyn.net/community/mount-Evelyn-history-group/

 mtevelynhistorygroup@gmail.com

 RSL Hall, Hardy House, 49 Birmingham Road, Mt Evelyn

The collection, preservation, research, writing and publication of all aspects of history relating to Mt Evelyn.

Upper Yarra Arts Museum

 5967 2167

 uyvhs.org.au

 uyvhs.info@gmail.com

 Old Railway Station 2415 Warburton Hwy, Yarra Junction

Yarra Glen & District Historical Group

 9730 2887

 www.yarraglenhistory.com.au

 yarraglenhistorical@live.com.au

 12-14 Anzac Ave, Yarra Glen



Men's Sheds

Good health is based on many factors including feeling good about yourself, being productive, contributing to your community, connecting with friends and maintaining an active mind and body. Men's Shed provides a safe and busy environment where men can find many of these things in an atmosphere of old-fashioned mate-ship.

To view any of the Shed's listed below visit mensshed.org/sheds

Belgrave Men's Shed Inc

 9754 7775 / 0405 229 481

 2/1A Reserve Road, Belgrave

Upwey Men's Shed

 0418 132 443

 Upwey Township Hall, 6 Mahony St, Upwey

Monbulk District Men's Shed Inc

 5968 4101

 1a Moxham Road, Monbulk

Boorndawan Men's Shed

 9212 0200

 289 Swansea Road, Lilydale

Morrison's Men's Shed

 9736 1977 or 0424 065 380

 20 Old Hereford Road, Mt Evelyn

Yarra Junction Bens Shed Inc

 5967 1942

 2427 Warburton Highway, Yarra Junction

Yarra Glen & District Men's Shed

 9730 2864

 yarraglen.com/mensshed

 16 Anzac Ave, Yarra Glen

Badger Creek And District Men's Shed Inc

 0410 404 722

 360 Badger Creek Road, Badger Creek

Probus

Probus is all about Friendship, Fellowship and Fun in retirement.

Probus provides you with the opportunity to join together for healthy minds and active bodies through social interaction and activities with retirees in your community. Hear from wonderful guest speakers, stay active by participating in a wide range of activities and explore your community, your country or the world.

For more information contact 1300 630 488 or probussouthpacific.org

Montrose & District Probus Club

 Montrose Church of Christ, 6 Leith Road, Montrose

Lilydale Probus Inc

 Lilydale Lake Community Room, 435 Swansea Road, Lilydale

Lilydale Ladies Probus Inc

 Lilydale Lake Community Room, 435 Swansea Road, Lilydale

Mooroolbark Probus Inc

 St Margaret's Uniting Church, 221 Hill Road, Mooroolbark

Wandin Probus Inc

 Seville Public Hall, 590 Warburton Hwy, Seville

Belgrave Probus Inc

 Upwey Tecoma C.R.A.S.H, Chosen Ave, Upwey

Olinda Combined Probus Inc

 Olinda Community House, 79 - 81 Olinda Monbulk Road, Olinda

Healesville Probus Inc (M)

 St Brigid's Catholic Church Hall, 15 High Street, Healesville

Other Groups

Bridge

 9754 8889 or 0408 531 146

 <https://bridgevictoria.au/clubs/upwey-bridge-club/>

 terencemurdock@gmail.com

Improve your brain power by playing the world's most popular card game, enjoyed by all ages. Interesting challenges keep brains active. All are welcome at this very friendly club, with lessons available upon request.

Played Tuesday 10am and Wednesday 7pm.

OM:NI – Older Men, New Ideas

 0447 026 382

 tony.gleeson@gmail.com

Meet 3rd Monday 9:30am - 12pm to chat about various topics and ideas.

Yarra Valley Bee Group

 0490 663 980

 <https://www.yarravalleybeegroup.org.au>

 711 old Warburton Rd, Wesburn

Support local beekeepers by facilitating, education, workshops, field trips and much more. Supporting the Yarra Valley Honey co-op to make local backyard honey for our community.

Inner Wheels

 <https://innerwheelaustralia.org.au/?clubs=wandin>

 iiw.au.wandin@gmail.com

Meet 3rd Tuesday, 6:30pm

Sports & Recreation

Physical activities can be a fun way of keeping your mind and body active while connecting with people and places.

Many of the sports recreation facilities and clubs have adaptations to suit the needs of many people. If you are beginning or returning to a sport, you can comfortably join in the fun! We recommend calling the sport or recreation group that sparks your interest as they may have a recommendation on how to get started.

Parks, Reserves and Trails

There are many walking, cycling and recreation areas in the Yarra Ranges.

For information on parks, reserves and trails view the Interactive Maps at:

yarraranges.vic.gov.au/Experience/Parks-Recreation/Yarra-Ranges-Trails-Map

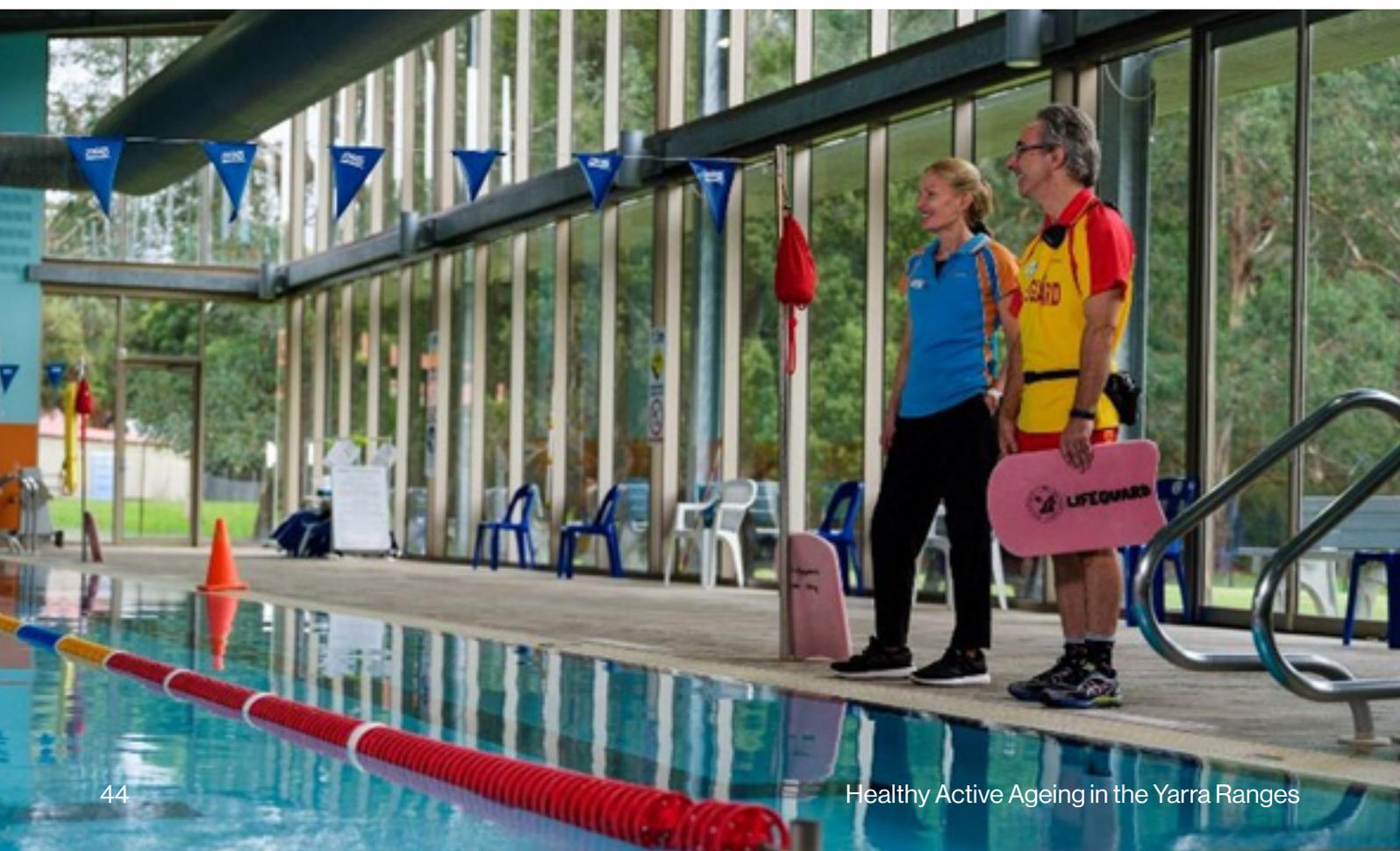
For a list of parks: **yarraranges.vic.gov.au/Experience/Parks-Recreation**

Or call Yarra Ranges Council on 1300 368 333.

Recreation And Leisure Centres

Each facility listed has a unique timetable, services, activities and varies in venue accessibility. We recommend calling to find out more information about various classes (both land and aqua) and venue opening times.

***Please be aware, all outdoor pools listed are open from November to March, with varying opening times. Please call or check website before you visit.**



Belgrave Outdoor Pool

9754 2743

69 Best Street, Belgrave

belgravepool.com.au

33mt Outdoor Pool

Jack Hort Indoor Pool

5962 2709

10 Camerons Road, Healesville

jackhortmcp.com.au

25mt Indoor Pool

Olinda Outdoor Pool

9751 2232

79 – 81 Olinda Monbulk Road, Olinda

olindapool.com.au

25mt Outdoor Pool

The Yarra Centre

5967 1675

2451 Warburton Hwy, Yarra Junction

yarracentre.com.au

25mt INDOOR POOL, GYM, TABLE TENNIS

Monbulk Aquatic Centre

9756 6227

26 Baynes Park Road, Monbulk

monbulkaquatic.com.au

25mt INDOOR POOL, GYM

Lilydale Outdoor Pool

9735 0144

26 Market Street, Lilydale

lilydalepool.com.au

50mt Outdoor Pool

Healesville Outdoor Pool

5962 2710

5/36 Don Road, Healesville

healesvillepool.com.au

50mt Outdoor Pool

Lawn Bowls Clubs

Monbulk Bowling Club

 9756 6183

 monbulkbowls.org

 11 Moores Road, Monbulk

Upwey-Tecoma Bowls Club

 9754 3144

 facebook.com/upweybc

 21-41 Alexander Ave, Upwey

Chirnside Park Bowls Club

 9727 2734

 chirnsideparkcc.bowls.com.au

 68 Kingswood Drive, Chirnside Park

Lilydale Bowling Club

 9735 1317

 lilydale.bowls.com.au

 5 Hardy Street, Lilydale

Mooroolbark Bowls Club

 9725 3131

 mooroolbark.bowls.com.au

 170 Hull Road, Mooroolbark

Healesville Bowling Club

 5962 4984

 healesvillebowlsclub.bowls.com.au

 85 River Street, Healesville

Yarra Glen Bowls Club

 9730 1718

 yarraglen.bowls.com.au

 18 Anzac Avenue, Yarra Glen

Yarra Junction Bowls Club

 5967 3103

 yarrajunctionbowlingclub.org.au

 Recreation Reserve, 2451 Warburton Highway, Yarra Junction

Warburton Bowls Club

 5966 2391

 warburtonbowls.bowls.com.au

 Warburton Recreation Reserve

Golf

Yering Meadow Golf Club

 9738 9000

 yeringmeadows.com.au

 178 – 180 Victoria Road, Yering

Golf restaurant and events.

RACV Healesville Country Club & Resort

 5962 4899

 racv.com.au/travel-leisure/racvclub/healesville

 122 Healesville-Kinglake Road, Healesville

Warburton Golf Club

 5966 2306

 warburtongolf.com.au

 17 Dammans Road, Warburton

The Eastern Golf Club

 9739 0110

 easterngolfclub.com.au

 215 Victoria Road, Yering

Lawn bowls club located within, for those wanting fun or a competition.

Gardiners Run Golf Course

 9739 7522

 gardinersrun.com.au

 130 – 132 Victoria Road, Lilydale

All ages, all abilities, lessons and clinics and café.

Eastwood Golf Club & Bowling

 9728 2944

 eastwoodgolf.com.au

 Liverpool Road, Kilsyth

Heritage Golf And Country Club

 9760 3200

 heritagegolfclub.com.au

 21 Heritage Ave, Chirnside Park

Maroondah Golf Park

 9727 3082

 adventuregolf.com.au

 363 Maroondah Highway, Chirnside Park

Tennis Clubs

Your local tennis club offers a variety of playing options. From court hire, cardio tennis, ladies, men's and mixed, day and night tennis.

To view more information about your local club visit play.tennis.com.au and search your location.

Belgrave Tennis Club

 0433 986 918

 Benson Street, Belgrave

Belgrave Heights

 0419 553 009

 Colby Drive, Belgrave Heights

Monbulk Tennis Club

 9752 0439

 Monbulk Sporting Precinct, Moores Road, Monbulk

Upwey South Tennis Club

 9759 6475 or 0430 550 305

 ustc.org.au

 Recreation Reserve, Corner Elera & Brookside Street, Upwey

Upwey-Tecoma Tennis Club

 9754 6046 or 9754 7439

 Alexander Ave, Upwey

Healesville Tennis Club

 5962 3639

 healesvilletc.org.au

 Queens Park Reserve, Don Road, Healesville

Warburton Tennis Club

 0427 253 333 or 0421 996 069

 3365 Warburton Hwy, Warburton

Yarra Glen Tennis Club

 0417 528 704

 14 Anzac Ave, Yarra Glen

Yellingbo Tennis Club

 5964 8238

 Tudor Court Road, Yellingbo

Seville Tennis Club

 5964 4588 or 0447 544 287

 Monbulk – Seville Road, Seville

Lilydale Tennis Club

📞 9739 6331

📍 Eyrefield Park, Lilydale

Mooroolbark Heights

📞 9723 7778

🌐 mooroolbarkheightstennis.com.au

📍 Kiloran Park, Hawthory Road, Kilsyth

Mount Evelyn Tennis Club

📍 Birmingham Road, Mount Evelyn

Coldstream Tennis Club

🌐 facebook.com/ColdstreamTC

📍 Halley Supple Reserve, South Gateway, Coldstream



Table Tennis

Monbulk Table Tennis

 9752 1213 or 0407 318 956

 Monbulk Hub, 21 Main Street, Monbulk

Keen-Agers Table Tennis

 5966 9772

 yarracentre.com.au

 egonfink@gmail.com

 The Yarra Centre, 5967 1675
2435 Warburton Hwy, Yarra Junction

Keen-Agers have fun playing doubles table tennis in a recreational, social, noncompetition environment.

Croydon & District Table Tennis Association Inc

 9728 4733

 revolutionise.com.au/croydondtta

 Kilsyth Sports Centre,
115 Liverpool Road, Kilsyth

Social competition for all ages and abilities.

Badminton

Wandin East Badminton Club

 0438 644 572

 Wandin Reserve,
Monbulk/Seville Road, Wandin East

The Yarra Centre

 yarracentre.com.au

 The Yarra Centre, 5967 1675
2435 Warburton Hwy, Yarra Junction

If you just enjoy a casual hit of the shuttlecock you can come on down to the Yarra Centre where we can supply you with the court and the nets for you to enjoy, at a casual price.

Mountain District Badminton Association

 0429 820 000

 insports.com.au/mdba

 Kilsyth Sports Centre,
115 Liverpool Road, Kilsyth

Different competitions available for all skills and abilities. All are welcome.

Chair Pilates

Mountain Pilates

📞 0411 477 850

🌐 mountainpilates.net.au

✉️ mountainpilatesmonbulk@gmail.com

📍 **Monbulk Living and Learning Centre**

Don't let age be a barrier to staying fit and healthy. Join us for our senior's chair Pilates classes and discover the amazing benefits to your strength, mobility, balance and health.

Mondays: 10:30-11:15 am at Monbulk Living and Learning Centre

Tuesdays: 12:30-1:15 pm at Tecoma Uniting Church

Fridays: 10:00-10:45 am at Cockatoo Seniors Hall

Walking

Dandenong Ranges Orienteering Club

📞 9878 9168 or 0409 135 020

🌐 drocorienteering.com.au

Street and Park based orienteering events for all ages and abilities. No equipment needed; instruction available for beginners.

Melbourne Bush Walkers

📞 0447 489 661

🌐 mbw.org.au

Regular walks at locations around Victoria including the Yarra Ranges.

Parkrun

🌐 <https://www.parkrun.com.au/>

Parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. Parkrun is located in many different locations across Australia including Healesville and Lilydale.

Parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along.



Water Sport

Lilydale Sailing Club

 0456 033 949

 lilydalesailingclub.com.au

 lilydalesailingclub@yahoo.com

 Lilydale Lake, Lilydale

A fun outdoor experience for people of all abilities. Call or email to book your spot. Programs generally run from September to May.

Paddle Hub – Kayaking

 9020 2750

 paddlehub.paddle.org.au

 Lilydale Lake, Lilydale

Enjoy a fun paddle in local and accessible lakes within Victoria. We recommend looking at the website or calling the phone number for more information and to confirm event dates, times, and bookings.

Upper Yarra Angling Club

 <https://upperyarra.wixsite.com/anglingclub>

 upperyarraanglingclub@gmail.com

The Upper Yarra Angling Club is a family friendly fishing club in Powelltown.

Upwey Fishing Club

 9754 7857

 <http://www.upweyfish.com.au>

 upweyangers@hotmail.com

The Upwey fishing club welcomes anyone who would like to learn about fishing or even increase their fishing skills.

Australian Rules Football

Options for modified game (Senior X/AFL 9s/ Veterans). General AFL competition for all ages and skills.

Monbulk:

📞 0429 428 537

🌐 monbulkfnc.com.au

Upwey-Tecoma:

✉️ utfnc@bigpond.com

🌐 facebook.com/UTFNC

Kilsyth:

📞 0412 737 211

🌐 kilsythfootballclub.com.au

Mt Evelyn:

📞 0403 211 251

✉️ secretarymefnc@outlook.com

🌐 facebook.com/mountevelynfnc

Croquet Club Lilydale

📞 9725 6541 or 0488 514 540

🌐 croquetvic.asn.au

📍 Melba Park, Market Street Lilydale

Join in the Golf Croquet fun, sessions run at specific times unless otherwise hired.



Futsal

📞 0450 752 641

🌐 facebook.com/profutsalmtvelyn

✉️ mtevelyn@profutsal.com.au

📍 19-23 Hereford Road, Mount Evelyn

Join in with a great group of people all continuing to develop skills and have fun!

Cycling

For trail information call 1300 368 333 or for an interactive map (trail, café, toilet stops) visit:

🌐 yarraranges.vic.gov.au/Experience/Ride-Yarra-Ranges

There are many safe cycling areas in the Yarra Ranges including the Lilydale to Warburton Rail Trail.

Many cycling clubs specific for BMX, Mountain Bike (MTB), female groups and recreational exist and ride in and around Yarra Ranges.

Auscycling and Ride Nation

 1300 137 397

 auscycling.org.au

 ridenation.com.au

Knox Bike Club

 0403 942 788

Friendly group for urban touring meets on Sunday mornings.

Yarra Ranges Mountain Bikers

 <http://www.yrmtb.com.au>

 info@yrmtb.com.au

Lilydale Squash Club

 9735 0098

 lilydalesquash.com.au

 lilydaleclub@gmail.com

 456 Swansea Road, Lilydale

Kilsyth & Mountain District Basketball Association

 9728 1033

 kilsythbasketball.com.au

 Kilsyth Sports Centre, 115 Liverpool Road, Kilsyth

Opportunities are available for all skills and abilities, Daytime Ladies and Senior Domestic competitions.

Lilydale Judo Club

 0413 659 947

 lilydalejudo.com

 20 Market Street, Lilydale

Classes available for all ages and abilities.

Ageless Grace

 agelessgrace.com

Timeless fitness for the body and brain. Strength, mobility, music, cognitive and physical fitness.

Melbourne Gun Club

 9739 1771

 melbournegunclub.com

 192 Victoria Road, Yering

Active in clay target competition shooting. Regular practice and training take place on a Saturday morning and Wednesday afternoon.

Yering District Archers

 0418 514 234

 yda.tidyhq.com

 committee@yeringdistrictarchers.org.au

 13 Mclntyre Lane, Lilydale

A friendly group always excited to welcome new people and share their knowledge and skills for archery. Call or look at website for various events for all ages and abilities.

Yarra Valley Archery Park

 5967 3323

 <https://yvap.com.au/>

 committee@yeringdistrictarchers.org.au

 2085 Don Road, Launching Place

Indoor and Outdoor Archery range, Equipment sales and repairs, come and try sessions, beginners' lessons, 1v1 coaching, Corporate Archery Plus more!

Ringwood District Cricket Association

 9876 7206 or 0412 350 986

 Covers: Chirnside Park, Kilsyth, Montrose, Mooroolbark, Mt Evelyn, Seville and Wandin areas.

Ferntree Gully & District Cricket Association

 9752 4009

 ftgdca.com.au

Veteran cricket competition with modified rules. Covers Belgrave, Monbulk and Upwey areas. Lilydale, Kilsyth, Montrose, Mooroolbark, Mt Evelyn and Chirnside Park areas.

Yarra Valley 4x4 Club

 9752 4009

 <https://www.4wdvictoria.org.au/yarravalley/>

 Presidentyv4x4@gmail.com

We have a wide variety of trips , ranging from easy to hard, going out throughout the year. You might like to enjoy a relaxing drive through Victoria's High Country or maybe you would rather spend a weekend ploughing through mud and winching up hills.

Dandenong Ranges Four Wheel Drive

 9752 4009

 <http://www.drfwdc.org.au>

 info@drfwdc.org.au

We are a diverse group from all walks of life, ranging from singles to young families to those who no longer talk about their age. We cover a wide range of interests in four-wheel driving. Some of us have a focus in competition. Most in touring on day drives, weekends away, and on extended trips in Victoria and interstate.



PO Box 140, Lilydale VIC 3140

1300 368 333

yarraranges.vic.gov.au

mail@yarraranges.vic.gov.au

Any suggestions or additions for future editions of this booklet please contact the Healthy Ageing Officer via seniors@yarraranges.vic.gov.au or **1300 368 333**