

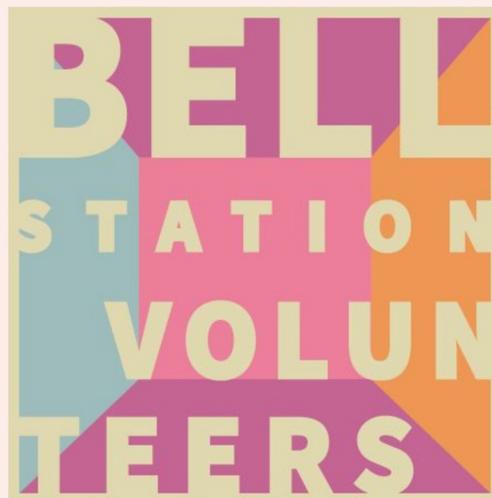
# Bell Stationers -

Locals caring for the parklands around Bell Station.

Monthly one hour working bees. Jobs for all abilities - hold a hose, collect rubbish with a pick-up stick and of course there's plenty of weeds to pull! Meet the locals and even have a coffee afterwards at our local cafe.

**When:** Next working bees Sunday 19 April & 17 May at 10am.

**Where:** Far end of car park under Bell Station.



### Caring for parklands around Bell Station

Join a bunch of locals for monthly working bees, as little or as often as you like.

#### More information:

Facebook page [Bell Stationers](#)

or

Whatsapp group [→](#)



## Take a Break and Connect at Jika Jika

As a carer, looking after someone can be rewarding, but it is important to have time to relax and connect with others.

Jika Jika in Northcote offers several free weekly activities, including:

**Community Morning Tea:** Tuesdays | 11:00am–12:00pm

**Community BBQ:** Thursdays | 12:30–1:30pm

**Community Sing-along:** Fridays | 1:30–2:30pm

**Where:** Jika Jika Community Centre, 1B Plant St., Northcote. To learn more about these and many other free and low-cost activities, call **9482 5100**.

#### CITY OF DAREBIN

274 Gower Street, Preston  
PO Box 91, Preston, Vic 3072  
T 8470 8888 F 8470 8877  
E [mailbox@darebin.vic.gov.au](mailto:mailbox@darebin.vic.gov.au)  
[darebin.vic.gov.au](http://darebin.vic.gov.au)



National Relay Service  
[relayservice.gov.au](http://relayservice.gov.au)

If you are deaf, or have a hearing or speech impairment, contact us through the National Relay Service.



Speak Your Language  
T 8470 8470

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## OLDER & ACTIVE IN DAREBIN

Autumn 2026

**Don't miss out on more local opportunities for older adults! Subscribe to the eNewsletter on 8470 8828.**

### **Stay Safe Online**

Stay safe online and learn how to spot scams at this free session. Learn what scams are, how they work, and the different types. You can ask questions during the session, enjoy free afternoon tea, games and chat.

**When:** Wednesday 15 April | 11.30am-12.15pm.

**Where:** East Reservoir Senior Citizen Centre, 7A Strathmerton Street.

### **Positive Thinking Workshop**

In this free workshop we will explore the benefits of positive thinking through an interactive discussion, using art journaling, guided meditation and a Q&A session.

**When:** Wednesday 22 April | 10am-12pm.

**Where:** Brahma Kumaris Meditation Centre, 13 Railway Place, Fairfield.  
Call **9417 4883** to register.



### **Demystifying Aged Care**

Do you find the Australian Government's aged care reforms confusing? Do you want to find out more about the new Support at Home program?

Join the free presentations and 1:1 advice sessions with staff from Care Connect – a local, not for profit aged care provider.

**When:** Thursday 2 & 30 April | 10.30am-12.30pm.

**Where:** Reservoir Community & Learning Centre.

**When:** Tuesday 21 April & 12 May | 10.30am-12.30pm

**Where:** Preston Library.



This low-impact, social program is designed for older adults, those recovering from injury, or anyone wanting a gentler, more enjoyable way to move.

Each session includes 45 minutes on court followed by a shared morning tea, making it as much about connection as fitness.



**When:** Tuesdays | 10.30am.

**Where:** Narrandjeri Stadium, 281 Darebin Road.

**Cost:** FREE.

### **Golden Oldies -**

**Don't Be Lonely, Come along and join us!**

#### **Badminton Club & Social Activities for Seniors**

The Golden Oldies meet on Wednesdays for Badminton, morning tea and socialising. Join this friendly group for occasional lunch outings, card & board games and more.

**When:** Wednesdays | 10-11.30am.

**Where:** Darebin Community Stadium, 857 Plenty Road.

**Cost:** \$5.20.

Call **9471 4935** for more info.

