Facebook Groups

Wellbeing, gardening, pain management and library groups for older adults

Here are some suggestions to get you started.

Visit these websites to find out more

Use the camera on your smart phone or tablet to scan the QR codes

Council on the Ageing Victoria (COTA)
Raising awareness of issues faced by older Australians.

Australian Pain Management Association
Connect with others who have chronic pain.

Friends for Good
Ideas for wellbeing & connection.

Living Our Best Life
Practical tips, fun activities & events in the Knox region.

Emerald Garden Club
Post questions about your garden & find information about face-to-face meetings.

Eastern Regional Libraries
Articles on history, culture, gardening & more. Information about library activities.

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