

Living Well

POSITIVE AGEING IN GREATER DANDENONG

Highlights in this issue

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- Soft Plastics and food waste
- Day Trips
- Seniors Festival 2023
- Social connections and support programs for older people

October/November 2023

Welcome to Seniors Festival 2023!

The annual festival runs across Victoria every October.

This year we have popular day trips, a Seniors Afternoon Dance and the Greater Dandenong Libraries will celebrate our seniors with a series of programs that aim to meet practical needs in a fun and enjoyable way.

We also have information about Seniors Festival events happening outside of our municipality and encourage everyone to explore what's on offer across the state.

Our inaugural Centenarian Event to celebrate our residents reaching the incredible milestone of turning 100 years old will close out the Seniors Festival this year. If you know anyone that is 100 or older then please contact the Positive Ageing team on 8571 5556 or positiveageing@cgd.vic.gov.au for more information and to register.

The Commonwealth Government continues its aged care reform process. To keep up to date with aged care consultations visit www.greaterdandenong.vic.gov.au/aged-care-reforms, email agedcare@cgd.vic.gov.au, phone Council on 8571 5100 or scan the QR code below.



Get Involved

Drum Theatre

Join the Promac gang in a fast-paced, beautifully sung production with plenty of laughs along the way, as they celebrate 25 years of performing Gilbert and Sullivan productions around Australia.

In *Gilbert, Sullivan and The Great Composers*, you'll enjoy a selection of hits and highlights of the most popular G&S musicals, such as *HMS Pinafore*, *The Gondoliers*, *Pirates of Penzance*, and *The Mikado*, plus other great hits from many great composing duos. Enjoy the works of hit writing duos such as Lerner and Lowe, Webber and Rice and The Gershwin Brothers to name but a few, with a touch of Puccini and Chopin thrown in.

Starring in this production will be popular Australian tenor Roy Best, international soprano Alison Jones, and backed on the grand piano by Australia's fastest rising concert pianist William Schmidt.

This performance is part of the Drum's Encore Program. All Encore tickets include complimentary morning tea and a parking voucher. Morning tea is provided before the show, from 9.30am.

Phone the Drum Theatre on 8571 1666 for bookings or visit drum.greaterdandenong.vic.gov.au



Care for those who care

Are you supporting a person with a disability, an older person or someone with a mental illness? Then come along and walk with us and learn about news and services to support you in your caring role.

Burden Park
880-924 Heatherton Rd, Springvale South

First Thursday of the month
5 October, 2 November, 7 December 2023

9.45am for a 10am start, followed by a complimentary morning tea

More information:

For further information, please contact Mala at disabilityinclusion@cgd.vic.gov.au

Dandenong Market - parking changes

Council has made some improvements to parking at the Dandenong Market, to make it easier for customers, visitors and workers to park and shop.

All parking spaces for the public at Dandenong Market are now two-hour "2P" parking limit, which will apply from 10am-6pm. These timed parking restrictions will ensure that as many people as possible can visit.

Ticket parking has also be extended to Sundays following an increase in visitors to the market on this day.

For more information visit greaterdandenong.vic.gov.au/parking/parking-dandenong



Soft plastics recycling has arrived in Greater Dandenong

Residents will be able to place soft plastics into the orange-coloured collection wheelie bins at our conveniently located drop off points throughout Greater Dandenong.

Soft plastics that are accepted include:

- Plastic bags
- Pasta and rice bags
- Bread bags
- Biscuit and chip packets
- Veggie produce bags
- Frozen food bags

Please make sure soft plastics are clean before you drop them off.

For further information including a list of what is accepted and what is not accepted, please visit council's waste services page at www.greaterdandenong.vic.gov.au/waste

Remember - if you can scrunch your plastic into a ball, it can be recycled!



Leading the way in food waste recycling

Did you know that food scraps are accepted in your green lid garden bin?

Parkglen Retirement Community is playing their part in recycling an impressive 1200 litres of food scraps a fortnight. That's the equivalent of five standard green waste bins per fortnight of food scraps being taken out of landfill and getting turned into high quality compost to help feed our parks and gardens or helping our Victorian farmers.

For further information in the food and garden bin service please visit www.greaterdandenong.vic.gov.au/food-waste

Day Trips



Bookings open Tuesday 19 September 2023 at 9am

- Participants must be a resident of the City of Greater Dandenong and be registered users of the Community Transport Service.
- Participants using this service need to be independent and mobile. Mobility aids are accommodated.
- Admission prices are accurate at the time of printing but subject to change by the venue.
- Limited seats available and will be allocated on a first to book basis.
- Limited to one trip per month. 24-hour cancellation and terms and conditions apply.
- Bookings accepted by phone only.

Bookings/enquiries phone: 8571 5556

Departure/Return: Noble Park Aquatic Centre, 9 Memorial Drive, Noble Park

Gulf Station Yarra Glen

Gulf Station is one of the oldest and most intact examples of a pioneer farm complex in Australia. Tour around the property's homestead and out buildings and be transported into the domestic life of a rural colonial family.

Thursday 5 October

Depart/Return: 9am-3pm

Transport cost: \$22 (inc GST)

Admission: Adult \$12, Concession \$10

Lunch: Purchase at café or BYO



Caldermeade Farm Lunch

Enjoy locally sourced country fare in the natural settings of a commercial dairy. Scrumptious lunch and Devonshire tea awaits you. Save room for the house made ice cream using the farm fresh and creamy Jersey milk.

Wednesday 11 October

Depart/Return: 12pm-4pm

Transport cost: \$9.70 (inc GST)

Lunch: Meals start at \$20, no BYO option



Royal Exhibition Building Dome Promenade

An icon of Melbourne's history opens its doors to a unique view unseen for 100 years. The Dome Promenade provides visitors with a guided tour and a unique opportunity to overlook the gardens and view the Melbourne skyline.

Tuesday 17 October

Depart/Return: 9am-2pm

Transport cost: \$14.60 (inc GST)

Admission: Adult: \$29 includes guided 60 minute tour

Lunch: Purchase at café or BYO



Day Trips



Rippon Lea Estate

Rippon Lea is a large 19th century mansion surrounded by 7ha of Victorian pleasure gardens. Rippon Lea was opened to the public for the first time in February 1974. Visitors can see peacocks roaming the grounds while geese, swans and other water birds populate the lake.

Friday 20 October

Depart/Return: 9am-3.30pm

Transport cost: \$22 (inc GST)

Admission: Adult \$15 Concession \$12

Lunch: Purchase at café or BYO

Coal Creek Korumburra

Coal Creek is Gippsland's largest open air 53 building heritage village. There is a vast collection of original buildings and objects that tell the story of the coal mining, agricultural, transportation and social history of the southern Gippsland region.

Monday 23 October

Depart/Return: 9am-1.30pm

Transport cost: \$14.60 (inc GST)

Admission: Free

Lunch: Purchase at café or BYO



Warran Glen

Located in Warrandyte, Warran Glen has something for everyone. Enjoy a lunch in the cafe and wander the shop and nursery for homewares, gifts, fashion, plants, pots and more.

Monday 30 October

Depart/Return: 11.30am-3pm

Transport: \$9.70 (inc GST)

Admission: Free

Lunch: Prices start at \$20, no BYO option

Day Trips



Walhalla Goldfields Railway

Take a train ride with Walhalla Goldfields Railway through the spectacular Stringers Creek Gorge. Not long after, Stringers Creek joins the Thomson River and travels across the historic and spectacular Thomson River Bridge to arrive at Thomson Station. Here you will disembark and wait for the return passage.

Wednesday 1 November

Depart/Return: 8.30am-4pm

Transport cost: \$22 (inc GST)

Admission: Adult \$30, Concession \$25

Lunch: Purchase at café or BYO

Werribee Park Mansion

Werribee Park Mansion is one of the largest and most opulent properties in Victoria. With 60 rooms across several wings, the fine interior includes some original furniture set within a richly decorated entry hall and free-standing columns leading to a grand staircase. The main reception rooms, library and dining room are all classically ornamented.

Please note: significant walking is required.

Monday 13 November

Depart/Return: 8.30am-3.30pm

Transport cost: \$22 (inc GST)

Admission: Adult \$11.30, Concession \$8.10

Lunch: Purchase at café or BYO



Fairfield Park Boathouse

Join us for lunch at Fairfield Park Boathouse, an enchanting riverside retreat. Step back in time and relax by the river, surrounded by the beautiful bush of the Yarra Bend Park.

Thursday 16 November

Depart/Return: 11.30am-3pm

Transport: \$9.70 (inc GST)

Admission: Free

Lunch: Prices start at \$20, no BYO option

Day Trips



Cruden Farm

In 1928, journalist and newspaper executive Keith Murdoch gave his 19-year-old bride, Elisabeth Greene, a small farm as a wedding present - Cruden Farm. Dame Elisabeth Murdoch left the property for people to enjoy consisting of manicured gardens and peaceful walking areas set amongst interesting bushland and lakes. We will be stopping at Frankies Cafe for lunch.



Wednesday 22 November

Depart/Return: 9.15am-2.00pm
Transport cost: \$14.60 (inc GST)
Admission: \$10
Lunch: Meals start at \$20

The Chandelier Cafe

Join us in the lovely township of Koo Wee Rup for a delicious lunch at The Chandelier Cafe and see the sights along the drive. A lovely range of meals are available as well as locally based handmade items available to purchase on the day.



Monday 27 November

Depart/Return: 11am-3pm
Transport cost: \$9.70 (inc GST)
Admission: Free
Lunch: Meals start at \$20

Werribee Zoo

Werribee Open Range Zoo is an African themed zoo situated on approximately 560 acres and home to 360 animals of 40 species. Visit the new lion cubs or experience free roaming animals on the included safari bus. Please note: significant walking is required.



Thursday 30 November

Depart/Return: 8.30am - 3.30pm
Transport Cost: \$22 (inc GST)
Admission: Adult: \$46, Concession \$34.50
Lunch: Purchase at café or BYO



Seniors Festival Events October 2023

Now in its 41st year, the Victorian Seniors Festival attracts more than 100,000 seniors to get active and sample what is on offer in their local area.

This major state-wide festival for Victorians over 60 focuses on providing free or low-cost events and activities across the month of October. Events and activities are designed to bring seniors together to enjoy themselves, learn new skills and make new friends.

The Festival returns on 1 October 2023 and features:

- eight days of free public transport for Victorian Seniors Card holders from 1-8 October
- the return of flagship events held in Melbourne's CBD and regional Victoria including:
 - Celebration Day at Federation Square on Sunday 1 October, 1-7pm, featuring free entertainment and activities for older Victorians
 - Town Hall Dances at Melbourne Town Hall on Monday 2 October from 12pm and Hawthorn Town Hall on Friday 6 October from 7pm
 - ACMI Seniors Film Festival at the Australian Centre for the Moving Image from 2-8 October.

The Festival events calendar is now online visit www.seniorsonline.vic.gov.au/victorian-seniors-festival for more information.

The group booking line for the free public transport opens on Tuesday 5 September 2023. Phone 1800 800 007 for bookings.

Make your Move this Seniors Festival

Greater Dandenong City Council encourages all residents to live a more active lifestyle through the Make Your Move program.

Three new ambassadors were recently announced and will use their local influence to help people get active and make their move.

Wellness advocate Caroline from Dandenong enjoys using the green spaces across Dandenong and is passionate about health and wellbeing through 'movement'. "My advice to others about making their move would be to reframe thinking of movement as exactly that - so not exercise. When I started to think of moving my body it included gentle movement. It doesn't have to be hard and fast, it can be a slow flow as long as you are moving your body."

Keysborough GP Sanil is passionate about promoting the benefits of health and wellbeing to his patients and leading by example in his community. "Some suggestions I tell my patients when trying to improve their mental health is to go for a walk in the fresh air and open space, grab a coffee and have a chat with a friend or there are apps available to also use."

The final ambassador is Keysborough school student Gemma, who also said getting active can help with both body and mind.

Visit greaterdandenong.vic.gov.au/make-your-move-ambassadors to find out more.

Seniors Afternoon Dance



Monday 9 October
Band O' Gold



1pm-3pm



Menzies Hall

41 Menzies Ave, Dandenong North

Cost: \$5 (inc GST) payment at the door.
Includes light afternoon tea.

Bookings essential, phone 8571 5556





Seniors Festival Events October 2023

Singing Masterclass

Facilitator Julia will be playing the keyboard and singing hit songs from the 60s, 70s, 80s. Come and join in this fun singalong, and even request your favourite songs.

Wednesday 4 October 11am-12pm
Thursday 26 October 2pm-3pm

For more details or to book phone 1300 630 920
or cgdlibraries@cgd.vic.gov.au



History Month

Greater Dandenong Libraries will be delivering three sessions covering varied aspects of Victorian history. This program will be delivered using hybrid technology that allows both in person and online attendance.

Springvale Community Hub

Wednesday 4 October 6.30pm-8pm
Wednesday 18 October 6.30pm-8pm
Wednesday 1 November 6.30pm-8pm

For more details or to book phone 1300 630 920
or cgdlibraries@cgd.vic.gov.au

Get Online Week

In this program you will learn how to use the popular website Snapfish to create a keepsake. Learn the best way to put together your most valued memories with the support of library staff.

Springvale Community Hub
Tuesday 17 October 10am-12pm

Dandenong Library
Thursday 19 October 10am-12pm

For more details or to book phone 1300 630 920
or cgdlibraries@cgd.vic.gov.au





Seniors Festival Events October 2023

Coffee and Line Dancing

Enjoy a well deserved afternoon tea or coffee after a line dancing session with guidance from an experienced line dance instructor.

Springvale Community Hub

Wednesday 18 October 2.30pm-3.30pm

For more details or to book phone 1300 630 920 or cgdlibraries@cgd.vic.gov.au



Stay Safe with Narelle Fraser



Learn from an ex-detective the best way to stay safe in your home. Listen to some of the stories she has to share from her experiences in her profession.

Springvale Community Hub

Wednesday 25 October 6.30pm-8pm

For more details or to book phone 1300 630 920 or cgdlibraries@cgd.vic.gov.au

Grandparents Story Time

Join your grandchildren in this special story time themed around grandparents. Enjoy storytelling, songs, and crafts. For ages 3+

Dandenong Library

Thursday 12 October 10.30am-11am

Springvale Community Hub

Thursday 12 October 10.30am-11am

For more details or to book phone 1300 630 920 libraries.greaterdandenong.vic.gov.au/childrens-programs





Seniors Festival Events October 2023



Book Club

Get online and join The DandEreaders. Read or listen to a book that is assigned each month from the OverDrive collection and later join the discussion meeting online.

Technical assistance is also provided to get you set up with OverDrive, and to show you how to access the link to the online discussion.

Online

Wednesday 4 October 11am-12pm

Thursday 26 October 2pm-3pm

For more details phone 1300 630 920 or email cgdlibraries@cgd.vic.gov.au

Coffee Club

Enjoy a morning cuppa with friends and library staff. Discuss your favourite books and share titles to read next. Take the time to browse our collection or place holds on books with help from staff.

Springvale Community Hub

Monday 2 October and Monday 16 October
11.30am-12.30pm

Dandenong Library

Monday 9 October and Monday 23 October
11.30am-12.30pm

For more details or to book phone 1300 630 920 or cgdlibraries@cgd.vic.gov.au



Social Knitwork

Join in the fun with this knitting group. Make new friends while building on skills, sharing patterns, stories, and a good time.

Dandenong Library

Wednesday weekly 10am-12.30pm

For more details or to book phone 1300 630 920 or <https://libraries.greaterdandenong.vic.gov.au/libraries/events/social-knitwork>





Celebrating our Centenarians

100

We want to celebrate residents who have celebrated their 100th birthday.

We would love to hear from residents or family members of people who are aged 100 or older. We will celebrate them at a morning tea with the **Mayor on Friday 27 October**.

To be eligible the person must:

- Be 100 years or older
- Live in Greater Dandenong (or have lived a large portion of their life in Greater Dandenong)
- Agree to be nominated

To nominate someone email
postiveageing@cgd.vic.gov.au or phone 8571 5556.

Coffee and Tech

Join us once a month at Springvale Library and learn how to use tech devices from our friendly library staff.

Come along for a cuppa and meet new people to:

- Learn more about how to use your mobile devices
- Learn how to make video calls with your family
- Learn how to connect with your friends from around the world through social media.

Once a month, our friendly community bus will pick you up from your home, take you to the library and home again. To book the community bus, please phone 1300 630 920 and speak to library staff.

Springvale Library

Wednesday 20 September, 25 October, 22 November and 13 December
11.30am-12.30pm

The community bus is free for participants of Coffee and Tech.



Friendline

Friendline offers older Australians an opportunity to call and have a free, anonymous, friendly chat with a volunteer over the phone.

Friendline is for anyone who needs to reconnect or just wants a chat with a friendly volunteer.

- This is not a crisis service
- All conversations are anonymous and confidential
- Conversations may be limited in duration depending on demand.

The support line is open 10am-8pm, 7 days a week.

Phone 9663 2740 or free call 1800 424 287. For more information visit friendline.org.au

New Carefinder Support Program

Carefinder is a national, face-to-face, free service. It supports older people who do not have a family member or friends who can help, to interact with My Aged Care and access aged care services. Care finders can help people understand the Aged Care system, set up an assessment and find and choose services. They also help people access other supports in the community.

To access Carefinder phone South Eastern Melbourne Primary Health Network on 1300 331 981.

For more information visit www.semphn.org.au/care-finder-services

Older, Not Alone

How are you? How's your mum or dad? Your friend, your neighbour, your brother, your sister or any other loved older Victorian in your life?

Independence is vital as we get older - and we all want to keep it. Despite the focus on aged care facilities, most older Australians live successfully at home. Retaining your independence as you age has been shown to support better mental health and people's sense of wellbeing and connection.

But keeping your independence gets harder as you get older. Sometimes you need some assistance so you can maintain your independence.

It's proven older Victorians connected to community support and assistance programs have better health and wellbeing outcomes and an increased ability to live independent lives.

COTA Victoria, Seniors Rights Victoria, the Victorian Government, the Municipal Association of Victoria, and Greater Dandenong City Council have supports available for you or a loved one. It can all be a bit difficult to navigate especially if you struggle with the internet.

Older, Not Alone offers ways to engage with supports over the telephone, online, and in-person.

For further information visit oldernotalone.com or phone Positive Ageing on 8571 5556 to be put in contact with people that can assist.



**OLDER,
Not Alone**



Financial Counselling Victoria Inc

What is financial counselling?

Financial counselling is a free, confidential and judgement-free service for people experiencing or at risk of financial hardship.

Financial counsellors provide information, advice and advocacy to empower people to make informed choices. They will work with someone to determine all of their options in relation to their financial position.

Access to a financial counsellor is free and available to anyone who is experiencing, or at risk of, financial difficulty. If you or someone you know has a debt or bill that they are worried about, they could benefit from a confidential appointment with a financial counsellor.

For more information phone 9663 2000 or visit fcvic.org.au



Collect from Customer Service Centres located at:

Dandenong Civic Centre

Parkmore Shopping Centre

Springvale Community Hub










Dandenong Oasis

Noble Park Aquatic Centre

**Please contact the Positive Ageing team on 8571 5556 or
email positiveageing@cgd.vic.gov.au for more details.**

Subscribe to receive electronically:

greaterdandenong.vic.gov.au/living-well-greater-dandenong

 (03) 8571 1000	 TTY: 133 677 Speak and listen: 1300 555 727 Online: relayservice.gov.au	Follow us:
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Acknowledging
Bunurong Country

