

Living Well

POSITIVE AGEING IN
GREATER DANDENONG
April/May 2024

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Get Active

In this edition we invite you to participate in the Get Active Victoria program. The year-round program encourages all Victorians to be active every day in a way that suits them. The theme for this year is *How to do more in 2024* and there are a range of activities on offer.

Staying active as you get older reduces the risk of many illnesses and increases your options for staying connected to your community. Staying active does not mean running a marathon (although you can do that too) but can include simple activities you can do throughout the day.

For more information visit seniorsonline.vic.gov.au/services-information/get-active

Celebrate Volunteer week



National Volunteer Week 2024 (20-26 May) will celebrate the theme *Something for Everyone*. Council looks forward to celebrating and showing appreciation to the almost 100 volunteers who support and enhance Council programs.

Greater Dandenong City Council relies on volunteers to support programs and services and offers a range of interesting roles. Volunteering opportunities include Meals on Wheels, Day Trips, Social Support Group and Home Library services. Additionally, you could teach English to new arrivals, assist at festivals and events, help children learn to read or spend time in nature through our Gardens for Wildlife program. By joining our volunteer team, you can learn new skills and expand your circle of friends while making a valuable contribution to the community.

To find out more visit greaterdandenong.vic.gov.au/volunteering or phone Council's Volunteer Program on 8571 5335.



Get Involved

Expression of Interest - Positive Ageing Advisory Committee

The Positive Ageing Advisory Committee (PAAC) has been established to provide advice to Council on how we can promote positive ageing of our residents and on the implementation of the *Positive Ageing Strategy 2017-25* for the City of Greater Dandenong.

The PAAC is an important forum for identifying current issues and advising Council about effective policy and service provision regarding older people in the City of Greater Dandenong.

The PAAC is a non-constituted committee of Council comprising of local members and professionals with an interest in promoting positive ageing with a Councillor/s being nominated through the annual statutory appointment process to be a member of this Committee. The Committee meets at least every three months and is a voluntary position.

If you would like to express interest to become a member of the Positive Ageing Advisory Committee, visit greaterdandenong.vic.gov.au/positive-ageing-eoi for more information or contact the Council at council@cgd.vic.gov.au or on 8571 1000.

Expressions of interest close Friday 30 April 2024.

Community Education

Falls Prevention

Hear from physio Brendan Mason discussing the importance of exercise as we age, strategies to prevent falls, incidental exercise to do at home and how to get up off the floor in the event of a fall.

Friday 5 April

10am-12pm

Cooinda Centre

587 Springvale Rd, Springvale

Free morning tea. Bookings essential 8571 5574.

Scam Savvy Seniors

Anyone can fall for a scam. There are many different types of scams and scammers are becoming smarter and more sophisticated. This is a session not to be missed so come along and hear from our guest legal professional Aran.

Wednesday 22 May

11am-12pm

Rooms 4 & 5 Springvale Library

5 Hillcrest Grove, Springvale

Free morning tea. Bookings essential 8571 5574.



Get Involved

Mall Walkers



We are delighted to welcome back the Parkmore Mall Walkers who meet every Tuesday morning at 7.30am at the customer service desk in front of Big W.

What is mall walking?

It is a form of exercise where people walk through the shopping centre early in the morning, for about 45 minutes prior to the shops opening.

What are the benefits of mall walking?

Mall walking provides the same cardiovascular benefits as walking in other environments, but without the variable of weather and terrain. It is a popular way to stay active and healthy and you get to meet new friends. Everyone's welcome to join.

Where are the locations of mall walkers?

There are three great mall walking groups in the City of Greater Dandenong.

Dandenong Plaza Pacers – walkers meet each Thursday at 7.30am on Level 2 near T.K Maxx.

To register or enquire phone 9767 2000.

Parkmore Walkers – walkers meet each Tuesday at 7.30am at the customer service desk in front of Big W.

To register or enquire phone 9798 9494.

Waverley Gardens Walkers – this group runs in conjunction with the Heart Foundation. Walkers meet every Tuesday and Thursday at 8am in front of Henry's Mercato.

To register or enquire email Dianne at dif2124@gmail.com

Victorian Seniors Card

The Seniors card program encourages older people to keep active and engaged in the community, by providing incentives and making it more affordable to get out and about. The Seniors Card program is free, and there are no application charges associated with the card.

There are discounts on a range of goods and services from local shopping and dining, to travel, entertainment and events, professional, personal, health, home, auto or financial services and more.

To find out more or apply for a card, visit www.seniorsonline.vic.gov.au/seniors-card





Day Trips

Bookings open Tuesday 19 March 2024 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 5574

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

Old Gippsstown Heritage Park

Old Gippsstown is an open air museum and reconstructed pioneer township located in Moe.

Thursday 4 April

Depart/Return: 8.45am-3pm

Transport cost: \$22 (inc GST)

Admission: \$22.50 includes morning tea

Lunch: Purchase at café or BYO



Royal Exhibition Building Dome Promenade

Enjoy a guided tour and a unique opportunity to overlook the gardens and view the Melbourne skyline. ***Tour includes stairs***

Tuesday 9 April

Depart/Return: 9am-2pm

Transport cost: \$14.60 (inc GST)

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

Lunch: Purchase at café or BYO

Seniors Afternoon Dance

Come and join us at Springvale Town Hall for an afternoon of singing and dancing with singer and entertainer Paul Hogan.

Thursday 11 April

Time: 1pm-3pm

Admission: \$5

Springvale Town Hall, 5 Hillcrest Grove Springvale

Free afternoon tea provided



Tyabb Packing House

Come and visit one of the largest spaces dedicated to a wide variety of antiques, retro and vintage wares, memorabilia, art, jewellery and so much more.

Friday 12 April

Depart/Return: 10am-2pm

Transport cost: \$9.70 (inc GST)

Admission: Free

Lunch: Purchase at café or BYO



Day Trips

Caldermeade Morning Melodies

Enjoy the entertainment from The Real Paul Hogan.

Tuesday 16 April

Depart/Return: 9.45am-2pm

Transport cost: \$9.70 (inc GST)

Admission: Free

Lunch: Meals start from \$15 - Seniors menu available



Rose Cottage Lunch

Enjoy a set two-course menu in a homely cottage setting.

Friday 19 April

Depart/Return: 11am-3pm

Transport cost: \$9.70 (inc GST)

Admission: Free

Lunch: \$24 set two-course lunch menu

Queen Victoria Market

Discover fresh and specialty produce, handmade and unique products, great food and coffee.

Monday 22 April

Depart/Return: 9am-2pm

Transport cost: \$9.70 (inc GST)

Admission: Free

Lunch: Purchase at café or BYO



Shrine of Remembrance

Victoria's national memorial honouring the service and sacrifice of Australians in war and peacekeeping. Includes 45min tour.

Wednesday 24 April

Depart/Return: 9.30am-3pm

Transport: \$9.70 (inc GST)

Admission: \$15

Lunch: Purchase at café or BYO

Overnewton Castle

Built in 1849 by William Taylor, this Victorian Tudor Style castle consists of over 35 rooms and acres of manicured gardens.

Wednesday 1 May

Depart/Return: 9am-2pm

Transport: \$14.60 (inc GST)

Admission: \$30 includes historical 1.5hr tour of castle and gardens and Devonshire Tea.

Lunch: Not included. Devonshire Tea only ***Tour includes stairs***



Mother's Day lunches

Book for one lunch only



Noojee Hotel

Serenely situated on the banks of the Latrobe River in the small scenic town of Noojee.

Monday 6 May

Depart/Return: 10am-2.30pm
Transport cost: \$9.70 (inc GST)
Lunch: Meals start at \$25
No BYO option

The Sandbar Beach Cafe

With an extensive menu there is something tasty to please everyone while taking in the views of Port Phillip Bay.

Tuesday 7 May

Depart/Return: 11.15am-2.15pm
Transport: \$9.70 (inc GST)
Lunch: Meals start at \$20
No BYO option



Tides Bar & Grill

Tides Bar & Grill is a family owned restaurant that serves modern Australian cuisine. Seniors menu available.

Wednesday 8 May

Depart/Return: 11.15am-2.15pm
Transport: \$9.70 (inc GST)
Lunch: Meals start at \$20
No BYO option

The Chandelier Cafe

A lovely range of meals are available as well as locally based homemade items available for purchase.

Thursday 9 May

Depart/Return: 11.15am-2.15pm
Transport: \$9.70 (inc GST)
Lunch: Meals start at \$20
No BYO option



Kallista Tea Rooms

A cute art deco café serving breakfast, mains and indulgent house-made scones and cakes.

Friday 10 May

Depart/Return: 11.15am-2.30pm
Transport cost: \$9.70 (inc GST)
Lunch: Meals start at \$25
No BYO option



Day Trips

Mornington Main Street Market

Shopping options are endless. Browse from the homemade crafts, home baked treats, home grown plants, produce and more.

Wednesday 15 May

Depart/Return: 9.30am-2pm

Transport cost: \$9.70 (inc GST)

Admission: Free

Lunch: Purchase at café or BYO



Broughton Hall Jindivick

The garden at Broughton Hall has six acres of terraced gardens overlooking the Tarago Reservoir with a fantastic view of the Great Diving Range. ***lots of walking and stairs***

Friday 24 May

Depart/Return: 9am-3pm

Transport: \$14.60 (inc GST)

Admission: \$20

Lunch: The Old Bakehouse, Neerim South or BYO

Shopping Centre Trips

Beginning in April, we will be venturing outside our local community and into different shopping centres. In April we are off to Fountain Gate and DFO Moorabbin, and in May we head to Southland and Knox City.

Numbers for the shopping centre trips are limited. The community bus picks you up from home between 9am and 10am and takes you to the shopping centre. You will have two hours at the destination before returning home.

The fee is \$7.30 per round trip.

Please contact Positive Ageing 8571 5556 for more details.

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| Fountain Gate | Tuesday 2 April | Thursday 18 April |
| DFO Moorabbin | Wednesday 10 April | Friday 26 April |
| Southland | Thursday 2 May | Tuesday 21 May |
| Knox City | Monday 13 May | Friday 31 May |

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

 council@cgd.vic.gov.au

 greaterdandenong.vic.gov.au



TTY: 133 677

Speak and listen: 1300 555 727

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Bunurong Country

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