

Positive Ageing and Connections

in Greater Dandenong

A guide to local services, clubs,
and activities for older people



Healthy Ageing and Social Connection

What does healthy ageing mean?

It means making choices that help you stay independent for longer and to look after your physical, mental and social wellbeing. Looking after your body and mind can prevent many diseases and help keep you happy and healthy as you age.

Research shows the earlier you commit to a healthy lifestyle, the better your chances of ageing well. And the more physically active and connected with others you are, the better you can feel regardless of age, even if you have some health issues. (Well for life, Vic State Gov).

Why are social connections important?

Having social connections, with friends, family and participating in social activities, can provide us with happiness, security, support and a sense of purpose. Being connected to others is important for our mental and physical wellbeing and can provide benefits including boosting your memory, preventing common health conditions, reducing isolation and loneliness and living a longer life.

Social connection can lower anxiety and depression, help us regulate our emotions, lead to higher self-esteem and empathy and improve our immune system.

Greater Dandenong Council is focused on our ageing community and providing resources for ageing well. In this guide you will find information about accessing local services and activities to remain healthy and connected.

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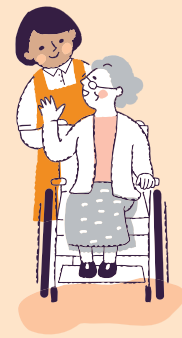
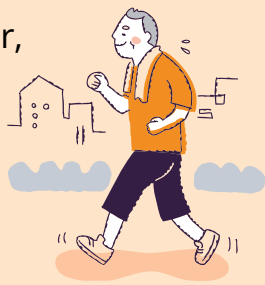
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Facilities



Libraries

Greater Dandenong Libraries offer a wide range of resources, programs, and services with two physical branches in Springvale and Dandenong and a third virtual branch accessible online 24/7.

Dandenong Library

225 Lonsdale Street, Dandenong

Dandenong Library is located within the Dandenong Civic Centre on the corner of Lonsdale Street and Walker Street.

The library is approximately a 600 metre walk from the Dandenong Railway Station. A cafe is located within the library on level 2. Outside the primary entrance to the library is Harmony Square, a generous and welcoming community space.

This library features free computer access for members, free Wi-Fi, study areas, a recording booth, games consoles and a large collection including many items in community languages.

Springvale Library

5 Hillcrest Grove, Springvale

Springvale Library is part of the Springvale Community Hub. The modern, state-of-the-art library features new technologies and equipment, flexible community meeting spaces, customer service area and plentiful parking. The outdoor green spaces are extensively landscaped and allow for a variety of passive and active recreation uses, community events and social gatherings.

The library also features free computer access for members, free Wi-Fi, study areas and a large collection including many items in community languages.

For more information visit libraries.greaterdandenong.vic.gov.au or phone 1300 630 920

Facilities (Continued)

Heritage Hill Museum and Historic Gardens

Heritage Hill is of local historical and cultural significance, reflecting the course of the City of Greater Dandenong's cultural history. Laurel Lodge (1869), Benga House (1936) and St James' Anglican Church (1864) offer a glimpse into the everyday lives of a group of prominent locals who lived in the region during the late nineteenth and early-to-mid twentieth centuries.

Today Laurel Lodge and Benga House offer visitors opportunities for learning, participation and creative endeavour through tours, classes and exhibitions. Additionally, they regularly welcome artists for short-term residencies to create new work that is inspired and influenced by the real and imagined histories of their temporary studios.

For more information phone 8571 5340 or visit greaterdandenong.vic.gov.au/heritage-hill

Drum Theatre

Drum Theatre is a 521-seat, state of the art performing arts venue in the heart of the Dandenong. Opened in February 2006, it is on the site of the former Dandenong Town Hall and has maintained its heritage 1890s facade.

The Drum host more than 150 performances for over 60,000 patrons each year. These include professional touring productions, local theatrical performances, and community events. It is also vibrant arts and cultural hub, hosting exhibitions and workshops on a regular basis.

To view a current program visit drum.greaterdandenong.vic.gov.au

Walker Street Gallery and Arts Centre

The Walker Street Gallery and Arts Centre celebrates and enhances our great city with its diverse exhibitions, artist talks and regular performances. This facility is open and free to the public.

For more information visit greaterdandenong.vic.gov.au/walker-street-gallery

Facilities (Continued)

Parks and Reserves

Parks and reserves create a space for community members to enjoy.

Greater Dandenong is home to more than 600 hectares of parks and reserves, including playgrounds, sportsgrounds, and dog off-leash parks. There are many bushland reserves, showcasing the beautiful range of indigenous plants and animals that can be found in this part of Victoria.

Explore wetlands, eucalyptus open woodland or a native grassland and experience the calming effect nature can bring to our lives.

There are many playgrounds throughout Greater Dandenong encouraging, and providing opportunities for play. Our outdoor spaces boast excellent accessibility.

For a full list of parks, reserves and bushland reserves visit greaterdandenong.vic.gov.au/open-spaces

Leisure and Recreational Centres

Council's aquatic and leisure facilities provide swimming, water play opportunities, gymnasium, stadium programs and a range of health and fitness activities across several locations.

Noble Park Aquatic Centre (NPAC)

9 Memorial Drive, Noble Park

Noble Park Aquatic Centre offers a state-of-the-art health and wellbeing gymnasium that's open 24/7.

There are a variety of fitness classes including Zumba, Yoga and Pilates, a heated indoor pool, outdoor 50 metre pool with lap lanes and ramp access, a learn to swim pool, water slide and café.

For more information phone 9546 7955 or visit nobleparkaquaticcentre.com.au

Dandenong Oasis

Corner Heatherton Road and Cleeland Street, Dandenong

Dandenong Oasis offers aquatic facilities, hydrotherapy, gym and circuit room, group fitness, accredited exercise physiology, squash courts, café and shop.

For more information phone 9701 5900 or visit dandenongoasis.com.au

Springers Leisure Centre

Springers Leisure Centre boasts two multi-purpose stadiums, with five courts for basketball, netball, and indoor soccer, along with 10 badminton courts and eight volleyball courts. These spaces allow for a variety of programs and activities and are available to hire.

For more information phone 9701 5900 or visit springersleisurecentre.com.au

Council Activities



Having friends and other social connections is good for your health and wellbeing. Older people who remain connected with others and have strong relationships are likely to have a better quality of life.

Throughout the City of Greater Dandenong there are a range of activities for older residents to remain active and social so bring along a friend or make a new one!

Seniors Exercise classes

Community Care provide a range of affordable exercise classes that can assist you to regain or maintain your strength and resilience, remain socially connected and living independently.

Exercise classes include a range of health promotion activities for people of all abilities with classes being designed or led by a qualified allied health practitioners.

To find out how we can help you to remain active phone Positive Ageing on 8571 5556 or email positiveageing@cgd.vic.gov.au

Day Trip Program

Day trips provide opportunities for social connection while enjoying shared experiences. Getting out and about will stimulate your senses, promote healthy activity, and improve your overall wellbeing.

Our day trip program visits a variety of venues each month including:

- Historical landmarks and heritage homesteads
- Botanical gardens and nurseries
- Scenic drives, walks and coastal lookouts
- Aquariums, zoos, and wildlife parks
- Art galleries and museums
- Exhibitions and special events
- Restaurants, cafes, and bakeries
- Local information sessions

A variety of options are available to suit different interests and budgets. Sit back and relax in our community buses and enjoy the sights and meeting new people.

For more information or to register phone Positive Ageing on 8571 5556 or email positiveageing@cgd.vic.gov.au

Council Activities (Continued)

Hydrotherapy

Hydrotherapy utilises a heated pool for a water-based approach to pain relief and healing. The warmth of the water allows muscles to relax, takes pressure off joints and adds resistance to movements.

If you experience chronic pain, have difficulty exercising, issues with mobility or balance then hydrotherapy may be a good option for you.

For more details phone Positive Ageing on 8571 5556 or email positiveageing@cgd.vic.gov.au

Social Support Group

The City of Greater Dandenong offers a variety of fully-funded social programs that aim to foster social connections, promote gentle exercise, and provide engaging activities in a supportive setting.

Activities may include craft, sewing, knitting, and crocheting, games, exercise classes, walking groups, gardening, luncheons, hydrotherapy and outings.

Social Support Group services are funded by the Commonwealth Home Support Program (CHSP), eligibility criteria and fees apply.

For further information phone Positive Ageing on 8571 5556 or email positiveageing@cgd.vic.gov.au

Senior Afternoon Dances

Join us to sing and dance the afternoon away at our senior afternoon dances or simply be entertained by our range of wonderful performers. Details on upcoming dances can be found in the Living Well newsletter.

Living Well

Council publishes a bimonthly newsletter *Living Well – Positive Ageing in Greater Dandenong*.

It showcases programs and activities available for older residents and promote wellbeing and lifestyle tips and a positive approach to ageing.

Copies of the newsletter are available from Greater Dandenong customer service centres, Noble Park Aquatic Centre, Dandenong Oasis, Neighbourhood Houses and community centres. To receive it via email sign up at greaterdandenong.vic.gov.au/living-well-greater-dandenong

Social Connections



Having friends and other social connections is good for your health and wellbeing. Older people who remain connected with others and have strong relationships are likely to have a better quality of life.

There are a diverse range of activities for individuals to participate in. Whether seeking social, recreational, or educational opportunities there is something available to suit every preference and interest level.

Neighbourhood Houses and Community Centres

Neighbourhood Houses and Learning Centres provide a safe and caring place for people of all ages, backgrounds, abilities and interests. People can join in a wide range of activities and programs. They are also home to a range of community groups within the City of Greater Dandenong. They offer meeting rooms and facilities for hire.

Greater Dandenong's cluster of Neighbourhood Houses and Learning Centres work together to provide:

- community connections
- quality programs and activities
- lifelong learning

Activities are generally run at low cost or no cost to participants.

For more information on activities offered please contact your preferred neighbourhood house or community centre directly.

Dandenong Community and Learning Centre

34 King Street, Dandenong
9792 5298

admin@dandenongclc.org.au
nhvic.org.au/dandenong

North Dandenong Neighbourhood House Deakin Hall

41 Menzies Avenue, North Dandenong
0448 658 354

admin@ndnh.org.au

Social Connections (Continued)

Springvale Neighbourhood House

46-50 Queens Avenue, Springvale
9548 3972

coordinator@snh.org.au
snh.org.au

Keysborough Learning Centre

402 Corrigan Road, Keysborough
9798 7005

info@klckkeys.com.au
klckkeys.com.au

Springvale Learning and Activities Centre

1 Osborne Avenue, Springvale
9547 2647

mail@springvalelac.org.au
springvalelac.org.au

Springvale Neighbourhood Literacy Program

1-3 Lightwood Road, Springvale
9574 6399

literacy@snh.org.au

Jan Wilson Community Centre

57 Halton Road, Noble Park North
8571 1436

greaterdandenong.vic.gov.au/council-venues/jan-wilson-community-centre

Paddy O'Donoghue Centre

18-34 Buckley Street, Noble Park
8571 1436

greaterdandenong.vic.gov.au/council-venues/paddy-odonoghue-centre

Wellsprings for Women

79 Langhorne Street, Dandenong
9701 3740

administration@wellspringsforwomen.com
wellspringsforwomen.com

Mall Walkers

Mall walking, through the shopping centre early in the morning, 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.

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

Dandenong Plaza Pacers

Walkers meet each Thursday morning 7.30am on Level 2 near TK Maxx.

Phone 9767 2000 to enquire or register.

Parkmore Walkers

Walkers meet each Tuesday morning 7.30am at the customer service desk in front of Big W. Phone 9798 9494 to enquire or register.

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.

Email Dianne dif2124@gmail.com to enquire or register.

Social Connections (Continued)

Community Groups and Seniors Clubs

Community groups and seniors clubs provide an opportunity to build meaningful connections with other members who share similar interests, values or goals. It can be fun and refreshing to take advantage of social opportunities that let you connect with others who are in a similar situation. It can also be a great way to get out of the

house, engage in recreational activities, help manage stress and improve your mental health.

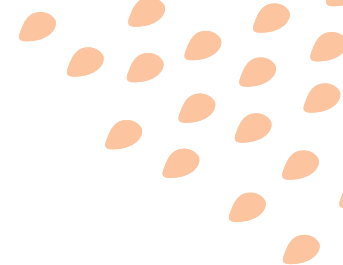
The following community groups and seniors clubs are in alphabetical order. Each club runs independently, please contact clubs directly for more information. If you would like help to select a seniors club from the list or to connect with a club phone Positive Ageing on 8571 5556 or email positiveageing@cgd.vic.gov.au.

| Group Information | Day/Time | Where | Contact |
|--|---|--|---|
| Afghan Women's Seniors Group Exercise, excursions and information sessions. | Tuesday weekly 11.30am – 1.30pm | <i>Dandenong North Neighbourhood House</i> 41 Menzies Avenue Dandenong North | Gulghotai 0407 853 286 Shakila 0421 061 995 |
| Al-Emaan Muslim Group Friendship, socialising and information sessions. | First Friday of each month 6pm – 9pm | <i>Springvale Neighbourhood House</i> 46-50 Queens Ave Springvale | Reception 9548 3972 |
| Arabic Women Seniors Group Inc (AWSG) Friendship, exercise, discussion groups, events and outings. | Thursday weekly 10.30am – 1.30pm | <i>Dandenong North Neighbourhood House</i> 41 Menzies Avenue Dandenong North | Randa 0416 189 657 Gada 0405 803 573 |
| Armenian Relief Society Social activities. | First Wednesday of each month 10am – 1pm | 8-14 Police Road Springvale | Annie 0451 955 352 Janet 0402 810 512 |

Social Connections (Continued)

| Group Information | Day/Time | Where | Contact |
|---|---|---|---|
| Australian Chinese Band Play traditional musical instruments and rehearse for performances. | Tuesday weekly 12pm – 3pm | <i>Springvale Neighbourhood House</i> 46-50 Queens Ave Springvale | Reception 9548 3972 |
| Australian Serbian Pensioner Association Lunches, information sessions and outings. | Thursday fortnightly 10am – 3pm | 115 Church Road Keysborough | Ratko 0419 444 416 Olga 0402 064 774 |
| Blue Danube and Association of Southern Hungarians Inc Lunches, friendship and bingo. | Thursday fortnightly 10am – 2pm | 9 Homeleigh Road Keysborough | Judie 0412 451 025 Kornelia 0414 766 634 |
| Burden Park Bowling Club Inc Lawn bowls and ballroom dancing. | Tuesday weekly 10.15am Saturday weekly 12.30pm | 880 Heatherton Road Springvale South | Ken 0417 119 300 Steve 9798 1412 burdenpark.bowls.com.au |
| Burden Park Tennis Club Competition, social and casual tennis. | Social tennis Tuesday and Sunday mornings weekly | <i>Burden Park</i> Olympic Avenue Springvale | Peter 0408 539 363 Brian 0409 081 239 |
| Cambodian Association of Victoria Inc Aerobics, Tai Chi, dancing and luncheons. | Monday to Thursday weekly 10am – 2pm | 52 Queens Avenue Springvale | Salazar 0435 988 685 Tumpor 8522 8432 |

Social Connections (Continued)



| Group Information | Day/Time | Where | Contact |
|---|--|---|---|
| <p>Carers Walking Group</p> <p>Walking group for carers with guest speakers and a cuppa.</p> | First Thursday of each month 9.45am | <i>Noble Park Community Centre</i> 44 Memorial Drive Noble Park | Reception 9547 5801 nobleparkcommunitycentre.org.au |
| <p>Ceylonese Welfare Organisation Inc</p> <p>Luncheons and members newsletter.</p> | Thursday weekly 11am – 1pm | <i>Sandown Park Hotel</i> Corner Corrigan Road and Princes Highway Noble Park | Jennifer 0430 076 620 Rita 0419 887 982 |
| <p>Chinese Seniors Friendship Group</p> <p>Mandarin speaking group, Mahjong, cards, excursions and lunches.</p> | Wednesday fortnightly 12pm – 3pm | <i>Springvale Neighbourhood House</i> 46 Queens Avenue Springvale | Shirley 0401 205 155 Yan Jia Xian 0434 243 188 |
| <p>Country Women's Association Noble Park</p> <p>Women only based organisation, craft, friendship and socialising.</p> | Monday fortnightly 10am – 1.30pm | <i>Paddy O'Donoghue Centre</i> 18 Buckley Street Noble Park | Lorraine 0428 426 850 |
| <p>Croatian Seniors</p> <p>Cards, exercise and activities. Mass at 11am followed by lunch.</p> | Thursday weekly 8.30am – 2pm | 808 Springvale Road Braeside | Lucija 0403 000 443, 9701 6131 |
| <p>Dandenong Club Lawn Bowls</p> <p>Undercover green, Barefoot Bowls, Bowls functions and Competition Bowls</p> | Tuesday, Thursday, and Saturdays weekly Contact reception for times | <i>Dandenong Club</i> 1579 Heatherton Road Dandenong | Reception 9792 1963 dandenongclub.com.au/bowls/ |

Social Connections (Continued)

| Group Information | Day/Time | Where | Contact |
|--|--|---|---|
| Dandenong Greek Elderly Socialising, friendship and hot lunch. | Thursday weekly 8.30am – 1pm | 19 Herbert Street Dandenong | John 0421 795 557 |
| Dandenong Low Vision Group Social activities, information and discussions for people who are blind or have low vision. | Second Tuesday of each month 12pm – 2.30pm Outing fourth Tuesday of each month | <i>Dandenong RSL</i> 44-50 Clow Street Dandenong | Carol 9791 4835 grahamunger@bigpond.com |
| Dandenong North Friendship Café Light exercises, craft, information sessions and morning tea. | Wednesday weekly 10am – 12pm | <i>Dandenong North Neighbourhood House</i> 41 Menzies Ave Dandenong Nth | Reception 9548 3972 |
| Dandenong North Senior Citizens Club Bingo, carpet bowls and snooker. | Monday and Thursdays weekly 10am – 2.45pm | <i>Dandenong North Senior Citizens Hall</i> 28B Curtin Crescent Dandenong North | Maria 0466 634 616 |
| Dandenong Over 60's Club Social afternoon tea and activities. | Monday weekly 1pm – 4pm | <i>Dandenong Club</i> 1579 Heatherton Road Dandenong North | Carol 0431 755 466 |
| Dandenong RSL Lawn Bowls Indoor carpet social bowls | Monday weekly 7pm | <i>Dandenong RSL</i> 44-50 Clow Street Dandenong | Reception 9792 1535 dandenongrsl.com.au |
| Dandenong Serbian Women's Group Social activities, information and cultural celebrations. | Friday fortnightly 11.30am – 1pm | <i>Tom Houlahan Centre</i> 186 Foster Street East Dandenong | Reception 9701 7308 |

Social Connections (Continued)

| Group Information | Day/Time | Where | Contact |
|---|---|--|--|
| Evergreen Seniors Group Inc Social activities, outings, trips, bingo, music and dancing. | Third Friday of the month 10.30am – 1.30pm | <i>Little Chapel Resurrection Church</i> 402 Corrigan Road Keysborough | Mary 0419 442 273 Helen 0429 720 017 |
| Garden Club Gardening activities and social interaction to maintain the Noble Park Community Garden. | Friday weekly 9am – 11am | <i>Noble Park Community Centre</i> 44 Memorial Drive Noble Park | Reception 9547 5801 |
| Greater Dandenong Table Tennis Association Social and competition table tennis. | Monday to Sunday (seven days) Email or call for days and times | 1510B Heatherton Road Dandenong (enter from Cleeland Street) | Sandi 0493 209 116 Terry 0438 526 318 dandenongtabletennis@hotmail.com |
| Greek Community of Springvale and Districts Cultural and recreational activities, weekly lunch, bingo and excursions. | Thursday weekly 8am – 12.30pm | 3/11-15 Warwick Avenue Springvale | Maria 0412 801 478 Mary 0410 188 148 |
| Huong Que Vietnamese Traditional Vietnamese dancing and rehearse for performances. | Wednesday weekly 12pm – 3pm | <i>Springvale Neighbourhood House</i> 46-50 Queens Ave Springvale | Reception 9548 3972 |
| Italian Elderly Citizens Club Noble Park Social activities, cards and bingo. | Wednesday and Friday weekly 11.30am – 3.30pm | <i>Noble Park Community Centre</i> 44 Memorial Drive Noble Park | Pia 9795 2570 |

Social Connections (Continued)

| Group Information | Day/Time | Where | Contact |
|--|--|--|---|
| Italian Multicultural Women's Group Socialise, friendship, morning tea. | Wednesday weekly 9am – 12pm | <i>Springvale Neighbourhood House</i> 46-50 Queens Ave Springvale | Reception 9548 3972 |
| Italo Spanish Club Inc Lunches, social activities, cards and games. | Wednesday weekly 10.30am – 2pm | <i>Dandy North Seniors Citizens Centre</i> 41A Latham Crescent Dandenong North | Rachel 0413 426 718 |
| Keysborough and District Multicultural Senior Citizens Club Bingo, line dancing and ball room dancing. | Tuesday, Wednesday, and Thursday weekly 10am – 2pm | <i>Rowley Allan Reserve</i> 352 Cheltenham Road Keysborough | Julie 9558 3462 |
| Keysborough Bowls Club Inc Lawn bowls with support for new players. | Monday to Saturday weekly Contact reception for times | 356 Cheltenham Road Keysborough | Reception 9798 2097 keysboroughbowls.com.au |
| La Voz Femenina Spanish Card making, knitting, socialising and chatting over morning tea. | Monday weekly 12pm – 3pm | <i>Springvale Neighbourhood House</i> 46-50 Queens Ave Springvale | Reception 9548 3972 |
| Line Dancing Springvale Line dancing and friendship. | Wednesday weekly 10am – 11.30 | <i>Springvale Learning and Activities Centre</i> 1 Osborne Avenue Springvale | Hyleen 9551 6527 springvalelac.org.au |
| Lions Club of Dandenong Inc Friendship, socialising and volunteering to support the community. | Third Thursday of each month 7pm | <i>Dandenong RSL</i> 44-50 Clow Street Dandenong | Contact 0402 143 314 |

Social Connections (Continued)



| Group Information | Day/Time | Where | Contact |
|---|---|---|--|
| Lions Club of Dandenong City Friendship, socialising and volunteering to support the community. | First Wednesday of each month 7pm | 33 Edward Avenue Dandenong | Dr Ruwan Paul 0417 713 034 |
| Lions Club Noble Park Keysborough Friendship, socialising and volunteering to support the community. | First and third Mondays of each month 6.30pm | <i>Highways Hotel</i> Corner Corrigan Road and Princes Highway Springvale | Julie 0404 019 748 Carol 0412 172 904 |
| Macedonian Senior Citizens Group of City of Greater Dandenong, St Dimitriya Dancing, games, friendship and meals. | Monday weekly 10am – 3pm | <i>Church Hall</i> 1-3 Edinburgh Road Springvale | Pavlina 0408 430 443 Rosa 0411 988 272 |
| Mauritian Golden Age Club Line dancing, singing, games, fitness and outings. | Tuesday weekly 10am – 3pm | <i>Menzies Hall</i> 41 Menzies Avenue Dandenong North | Ginette 0421 357 388 Jocelyn 0423 361 766 |
| Men's Shed Keysborough Construction of items for the local community and meals. | Friday weekly 9am – 2pm | 402 Corrigan Road Keysborough | Michael 0408 545 196 Ron 0427 511 794 |
| Napoli Family Club Social activities, bingo, cards and lunches. | Thursday weekly 10am – 3pm | <i>Menzies Hall</i> 41 Menzies Avenue Dandenong North | Giuseppe (Joe) 0418 543 127 Mimma 0407 844 929 |

Social Connections (Continued)

| Group Information | Day/Time | Where | Contact |
|--|--|--|---|
| <p>National Institute for the Guards of Honour to the Royal Tombs of Pantheon Inc</p> <p>Meals, entertainment and pilgrimage bus trips.</p> | <p>One Saturday night monthly 6.30pm – 12am</p> | <p><i>Jan Wilson</i> <i>Community Centre</i> 57 Halton Road Noble Park North</p> | <p>Peter 0402 714 458 Vicky 0402 324 812</p> <p>greaterdandenong.vic.gov.au/council-venues/jan-wilson-community-centre</p> |
| <p>Noble Park Anglers</p> <p>Fresh water, salt water, surf, estuary and offshore fishing.</p> | <p>Saturday and Sundays</p> <p>Contact reception for dates and times</p> | <p><i>Club Noble</i> 46-56 Moodemere St Noble Park</p> | <p>Reception 9546 9978</p> |
| <p>Noble Park Bowls</p> <p>Outdoor lawn bowls and indoor carpet bowls.</p> | <p><i>Outdoor</i></p> <p>Wednesday and Saturday weekly 11.30am</p> <p><i>Indoor</i></p> <p>Tuesday weekly 10am</p> | <p><i>Club Noble</i> 46-56 Moodemere Street Noble Park</p> | <p>Reception 9562 3182</p> <p>npsc1@bigpond.com</p> <p>bowls.clubnoble.com.au</p> |
| <p>Noble Park Line Dancing</p> <p>Line dancing and friendship.</p> | <p>Monday weekly 9.30am – 11am</p> | <p><i>Noble Park</i> <i>Community Centre</i> 44 Memorial Drive Noble Park</p> | <p>Reception 9547 5801</p> <p>nobleparkcommunitycentre.org.au</p> |
| <p>Noble Park North Multicultural Elderly Citizens Club</p> <p>Social activities, games and a monthly lunch with entertainment.</p> | <p>Friday weekly 12pm – 3pm</p> | <p><i>Jan Wilson</i> <i>Community Centre</i> 57 Halton Road Noble Park North</p> | <p>Maria 0438 800 027 Antoinette 0410 403 683</p> <p>greaterdandenong.vic.gov.au/council-venues/jan-wilson-community-centre</p> |

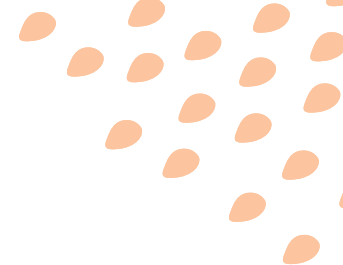
Social Connections (Continued)

| Group Information | Day/Time | Where | Contact |
|--|-------------------------------------|--|---|
| <p>Noble Park North Multicultural Seniors Club Inc</p> <p>We gather to socialise, dance sing and exercise.</p> | Monday weekly 10am – 3pm | Jan Wilson Community Centre 57 Halton Road, Noble Park North | Ludmilla 0425 860 495 Oleg 0404 501 052 |
| <p>Polish Senior Citizens Club Rowville Inc</p> <p>Recreational and social activities, cultural companionship, entertainment, trips and health information.</p> | Thursday fortnightly 12pm – 3pm | 1325 Stud Road Rowville | Monika 0413 298 061 Danuta 0416 861 949 |
| <p>Probus – Ladies Probus Club of Dandenong</p> <p>Friendship, outings, luncheons and guest speakers.</p> | First Monday of each month 10am | Dandenong Club 1579 Heatherton Road Dandenong North | Kaye or Sandra 9792 1963 |
| <p>Probus – The Combined Probus Club of Noble Park</p> <p>Social activities, outings and day trips.</p> | First Monday of each month 10am | Club Noble 46-56 Moodemere Street Noble Park | Secretary 9546 2346 0418 383 635 |
| <p>Probus – The Combined Probus Club of Sandown Inc</p> <p>Luncheons, guest speakers, bus trips, walking group and book exchange.</p> | Second Monday of each month 10am | Club Noble 46-56 Moodemere Street Noble Park | Kathryn 0438 350 090 Marion 0458 660 016 |

Social Connections (Continued)

| Group Information | Day/Time | Where | Contact |
|---|---------------------------------|---|---|
| <p>Ramblers Walking Group</p> <p>Local area walking and refreshments. Excursions on the last Tuesday of each month.</p> | Tuesday weekly 9am – 11am | <i>Noble Park Community Centre</i> 44 Memorial Drive Noble Park | Reception 9547 5801 nobleparkcommunitycentre.org.au |
| <p>Red Gum Day Club</p> <p>Gentle exercise, games, quizzes, guest speakers and outings.</p> | Tuesday weekly 10.30am – 2pm | <i>Noble Park RSL</i> 1128 Heatherton Road Noble Park | Reception 9548 3750 |
| <p>Rodriguan Social Club of Victoria</p> <p>Traditional lunches, dominoes, cards, morning melodies and outings.</p> | Thursday weekly 10am – 3pm | 48 Garnsworthy Street Springvale | Marie 0400 211 729 Jean 0419 105 373 |
| <p>Rotary Club of Greater Dandenong and Endeavour Hills</p> <p>Friendship and service to support the community and address worldwide issues.</p> | Tuesday weekly 6.30pm | <i>Dandenong Club</i> 1579 Heatherton Road Dandenong North | secretary@rotaryclubofgreaterdandenong.org |
| <p>Rotary Club Noble Park Dingley</p> <p>Friendship and service to support the community and address worldwide issues.</p> | Thursday weekly 6pm | <i>Keysborough Gold Club</i> 55 Hutton Road Keysborough | Helen 0417 154 104 Greg 0409 521 769 |

Social Connections (Continued)



| Group Information | Day/Time | Where | Contact |
|---|--|--|---|
| Rotary Club Springvale City Friendship and service to support the community and address worldwide issues. | Thursday fortnightly 6pm | <i>Sandown Greyhounds Tabaret</i> 15 View Road Springvale | Angelina 0402 168 935 Cathy 0422 175 470 |
| South-eastern Polio Support Group Discussion about post-polio experiences – part of the Polio Network Victoria. | Second Saturday of each month 1pm start | <i>Sandown Greyhounds Tabaret</i> 15 View Road Springvale | Lyn 0418 523 622 |
| Southeast Chinese Friendship Group Exercises, card playing and mahjong. | Friday weekly 9.30am | <i>Memorial Hall</i> 10 Langhorne Street Dandenong | Shirley 0425 712 214 |
| Spanish Speaking Friendship Group of Springvale Social bingo, lunches, dominos, cards and pool games. | Friday weekly 9.30am – 3pm | <i>Springvale Senior Citizens Centre</i> 3 The Crescent Springvale | Jacqueline 0455 612 111 Elizabeth 0435 052 153 |
| Springvale Community Garden Community garden membership group. | 7 days per week for members only | 1-7 Morwell Parade Springvale | Gloria 9540 8618 0428 937 741 |
| Springvale Garden Club Gardening discussion and activities, guest speakers and day trips. | Third Wednesday of each month 7.30pm | <i>Springvale Senior Citizens Centre</i> 3 The Crescent Springvale | Robert 0425 741 822 Cheryl 9551 3197 |

Social Connections (Continued)

| Group Information | Day/Time | Where | Contact |
|---|---|--|---|
| Springvale Italian Senior Citizens Club Lunches, music, dancing, games and socialising. | Wednesdays weekly and Fridays fortnightly 12pm – 4pm | <i>Springvale Learning and Activities Centre</i> 1 Osborne Avenue Springvale | Biagio 0418 546 137 Teresa 9547 2703 |
| Springvale Mandarin Network Chinese cultural dancing, line dancing, choir, Tai Chi, table tennis and mahjong. | Thursday weekly 9.30am – 1pm | <i>Springvale Learning and Activities Centre</i> 1 Osborne Avenue Springvale | Aviva 0435 796 366 Mr Heyi 0431 520 281 |
| Springvale Senior Citizens Club Social activities and lunches. | Tuesday weekly 9am – 12pm | <i>St Athanasios Greek Orthodox Parish of Springvale</i> 2-4 Parsons Avenue Springvale | Tasos 0419 123 756 |
| Springvale South Tennis Club Social or competition tennis. | Contact Peter for event details | 4 Mackay St Springvale South | Peter 0408 389 515 |
| Southern Migrant and Refugee Centre Dancing, games, English lessons and services for seniors. | Monday to Friday weekly Contact reception for times | 39 Clow Street Dandenong | Reception 9767 1900 smrc.org.au |
| Sri Lanka Inter-Campus Seniors Association of Melbourne Singing, line dancing and Drama festival. | Fourth Friday of each month 6pm – 9pm | <i>Springvale Neighbourhood House</i> 46-50 Queens Ave Springvale | President 0475 415 276 Nirmalal 0411 646 944 |

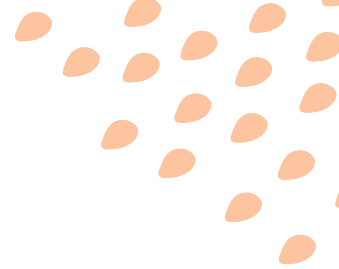
Social Connections (Continued)

| Group Information | Day/Time | Where | Contact |
|---|---|--|--|
| <p>St. John's Seniors Club</p> <p>German speaking activities, outings, presentations, German festivals, games and quizzes.</p> | Thursday monthly 1pm – 3pm | <p><i>St. John's German Lutheran Parish</i> 3 Albert Street Springvale</p> | <p>Herta 0439 504 671</p> <p>Anke 9546 6005</p> |
| <p>St Paul's Southeastern Suburbs Maltese Seniors Association Inc</p> <p>Social activities, excursions and friendship.</p> | Thursday fortnightly 9am – 2.30pm | <p><i>The Springvale Seniors Citizens Club</i> 3 The Crescent Springvale</p> | Fred 0432 674 338 |
| <p>The Australian Ceylon Fellowship Inc</p> <p>Social activities, special events and celebrations.</p> | Contact Ronnie or Pauline for event details | 217 Clark Road Springvale South | <p>Ronnie 0412 814 588</p> <p>Pauline 0418 570 244</p> |
| <p>The Dandenong Darts Club</p> <p>Inclusive darts activities.</p> | Thursday and Friday nights weekly Contact Sue for days and times | <p><i>The Dandenong Club</i> 1579 Heatherton Road Dandenong</p> | Sue Frost 0419 518 248 |
| <p>The Dandenong Fishing Club</p> <p>Monthly angling competitions in various locations including rivers, lakes, surf and bays.</p> | Second Tuesday of each month 7.30pm | <p><i>The Dandenong Club</i> 1579 Heatherton Road Dandenong</p> | Reception 9792 1963 |

Social Connections (Continued)

| Group Information | Day/Time | Where | Contact |
|--|---|--|---|
| <p>The Dandenong Food and Wine Club</p> <p>Food and wine activities.</p> | <p>Wednesday bi-monthly.</p> <p>Contact Jan or Carol for dates and times.</p> | <p><i>The Dandenong Club</i> 1579 Heatherton Road Dandenong</p> | <p>Jan Little 9700 1132 jflittle50@icloud.com</p> <p>Carol Mitchell 9700 1136 c.mitch28@bigpond.com</p> |
| <p>The Salvation Army Chat & Chew</p> <p>Activities and conversation.</p> | <p>Tuesday weekly 12pm – 1.30pm</p> | <p>14-16 George Street Dandenong</p> | <p>Reception 9708 9000</p> |
| <p>Ukrainian Seniors Club</p> <p>Social activities, friendship and meals.</p> | <p>Wednesday fortnightly 1pm</p> | <p>26 Chandler Road Noble Park</p> | <p>Roman 0447 060 501</p> |
| <p>United Filipino Elderly Group Inc</p> <p>Social activities, social gatherings, and support for the older Filipino community.</p> | <p>First and third Saturday of the month 11am – 1pm</p> | <p><i>Springvale Neighbourhood House</i> 46 Queens Road Springvale</p> | <p>Liza 0433 022 943</p> |

Social Connections (Continued)



| Group Information | Day/Time | Where | Contact |
|---|---|---|--|
| <p>University of the Third Age (U3A)</p> <p>Classes, lifelong learning and social connections.</p> | Contact Information for days and times | <p><i>Paddy O'Donoghue Centre</i> 18 Buckley Street Noble Park</p> <p><i>Latham Crescent</i> 13 Latham Crescent Dandenong North</p> <p><i>Blue Bridge</i> 130 Lonsdale Street Dandenong</p> <p><i>Gloria Pyke Netball Complex</i> Bennet Street Dandenong</p> <p><i>Ross Reserve</i> 9 memorial Drive Noble Park</p> <p><i>Tirhatuan Park</i> 4 Kriegel Way Dandenong North</p> | <p>Information 9670 3659</p> <p>u3avictoria.org.au</p> |
| <p>Vic Lanka Social Group</p> <p>Friendship and social group for Sri Lankan seniors.</p> | First and third Thursday of each month 6pm-9pm | <p><i>Springvale Neighbourhood House</i> 46-50 Queens Road Springvale</p> | Reception 9548 3972 |

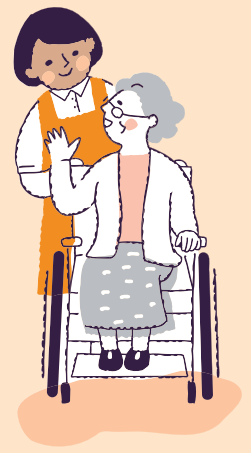
Social Connections (Continued)

| Group Information | Day/Time | Where | Contact |
|---|--------------------------------|--|--|
| <p>Victorian Chinese Seniors Inc</p> <p>Chinese and Australian festivals, line dancing, ballroom dancing, choir, cards, chess and mahjong.</p> | Monday weekly 8am – 5pm | <i>Memorial Hall</i> 10 Langhorne Street Dandenong | Aviva 0435 796 366 Philip 0421 897 116 |
| <p>Vietnamese Australian Senior Association of Victoria (VASSA VIC)</p> <p>Lunches, games, celebrations and friendship.</p> | Wednesday weekly 10am – 3pm | <i>Springvale Seniors Citizens Hall</i> 3 The Crecent Springvale | Thuy Minh Thi Nguyen 0401 132 720 Duc Van Phan 0403 856 266 |
| <p>Vietnamese Day Club</p> <p>Games, karaoke and discussion about the Vietnamese community.</p> | Monday weekly 10.30am | <i>Dandenong RSL</i> 44-50 Clow Street Dandenong | Reception 9792 1535 |
| <p>Whirlybirds Day Club</p> <p>Social activities, entertainment and occasional outings.</p> | Thursday weekly 10.30am | <i>Dandenong RSL</i> 44-50 Clow Street Dandenong | Reception 9792 1535 |
| <p>Women’s Auxiliary Dandenong RSL</p> <p>Fundraising for Veterans Welfare, bingo, guest speakers and social activities.</p> | Wednesday fortnightly 11am | <i>Dandenong RSL</i> 44-50 Clow Street Dandenong | Reception 9792 1535 |

Social Connections (Continued)

| Group Information | Day/Time | Where | Contact |
|---|---|---|--|
| <p>Women's Friendship Café Dandenong North</p> <p>Social connection for women of different cultures.</p> | <p>Wednesday weekly 10am – 12pm</p> | <p><i>North Dandenong Neighbourhood House 41 Menzies Avenue Dandenong North</i></p> | <p>Reception 0448 658 354</p> |
| <p>Women's Friendship Café Springvale</p> <p>Social connection for women of different cultures.</p> | <p>Tuesday weekly 10am – 12pm</p> | <p><i>Springvale Neighbourhood House 46 Queens Avenue Springvale</i></p> | <p>Reception 9548 3972</p> |
| <p>Xinjiang Chinese Association in Australia Inc</p> <p>Dancing, refreshments and lunches.</p> | <p>Thursday weekly 11am – 3pm</p> | <p><i>Noble Park Community Centre 44 Memorial Drive Noble Park</i></p> | <p>Lei Sheng 0421 618 598 nobleparkcommunitycentre.org.au</p> |

Transport



The ability to get around whether it is by public or private means, can impact on your ability to engage with the community to access services and maintain social connections.

Public transport is an easy and affordable way to get around; however, there are other options available if this does not suit you.

Accessible Parking Permits

Accessible Parking permits give parking concessions to those with impaired mobility.

An Australian Disability (ADP) Permit (for individuals) allows the permit holder to:

- park a vehicle in an accessible parking bay for the time displayed on the sign or
- park in a standard parking bay for double the time displayed on the parking sign

A Victorian Double Time Permit (for individuals) allows the permit holder to:

- to park in a standard parking bay for double the time on the parking sign

Phone VicRoads on 13 11 71 or visit accessibleparking.vic.gov.au/permits for further information about the program and eligibility.

Public Transport Victoria

Public Transport Victoria (PTV) is your go-to for all things public transport in Victoria. Plan a journey or access information on ticketing, travel, timetables and more.

You will need a myki card to travel on Melbourne's trains, trams, and buses. For more information on myki cards, up to date public transport information including journey planning, timetables and ticketing phone 1800 800 007 or visit ptv.vic.gov.au Information is available in other languages.

Public transport staff are available at Dandenong and Springvale stations to provide further assistance. Also keep an eye out in the Living Well newsletter for public transport training and support offered through the Positive Ageing team.

Transport (Continued)

Travellers Aid Australia

Travellers Aid provide support navigating public transport for people with mobility issues enabling them to connect with the community. They operate from Southern Cross and Flinders Street stations in Melbourne and Ballarat and Seymour Railway stations in regional Victoria.

Travellers Aid services include support to get on or off public transport, mobility equipment hire, companion support to access appointments and events and station lounges with access to seating, toilets, and showers. Some services require booking, and some fees may apply.

Phone 9670 2072 (Southern Cross Station), 9068 8187 (Flinders Street Station) or visit travellersaid.org.au

City of Greater Dandenong Community Transport

This service provides a safe, friendly, and reliable bus service to eligible residents that have difficulty accessing private or public transport. Door to door transport is provided to:

- local shopping centres
- Dandenong Oasis and Noble Park Aquatic Centre
- Neighbourhood Houses and Community Centres
- Dandenong and Springvale Library

For more information on eligibility and cost phone 8571 5556 or visit greaterdandenong.vic.gov.au/community-transport

Emergency Contacts



Police, Fire, Ambulance

000 or 112 if your mobile phone is out of range or credit.

Victorian State Emergency Service (SES)

13 25 00

Police Stations

Emergency 000

Dandenong Police Station
9767 7444

Springvale Police Station
8558 8600

Police Assistance Line
131 444

Hospitals

Dandenong Hospital
9554 1000

Southeastern Private Hospital
9549 6555

The Valley Private Hospital
9790 9333

Nurse on call
1300 606024

Helplines

Lifeline
13 11 14

Beyondblue
1300 224 636 (24 hours)

Griefline
1300 845 745
or 9935 7400

Melbourne Metro area

Suicide Line Victoria
1300 651 251

Dementia Australia 24 hour helpline
1800 100 500

Poisons Information Line
13 11 26

Emergency Contacts (Continued)

Seniors information services

Greater Dandenong Council
8571 1000

My Aged Care Information Line
1800 200 422

Seniors Rights Victoria
1300 368 821

Seniors Information Victoria
1300 135 090

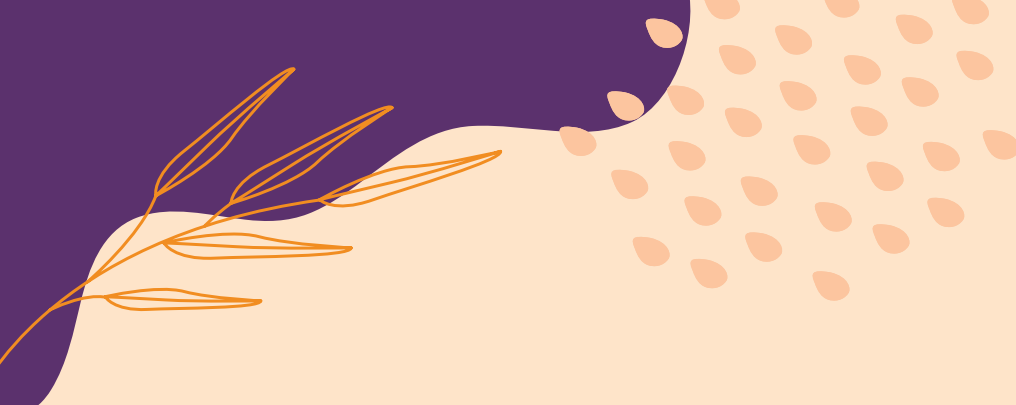
Council of the Ageing Victoria (COTA)
9655 2100

Dandenong Community
Advisory Bureau
9791 8344

South East Community Links –
Springvale Community Aid & Advice
Bureau division
9546 5255


OPAN
(Older Persons Advocacy Network)
1800 700 600

Carer Gateway
1800 422 737
carergateway.gov.au



Details in the Positive Ageing and Connections in Greater Dandenong Book were correct at the time of printing. If updates are required, please email positiveageing@cgd.vic.gov.au, visit www.greaterdandenong.vic.gov.au, phone 8571 5556 or post to:

Positive Ageing
City of Greater Dandenong
PO Box 200
Dandenong VIC 3175

 (03) 8571 1000

 council@cgd.vic.gov.au

 greaterdandenong.vic.gov.au



TTY: 133 677

Speak and listen: 1300 555 727

Online: relayservice.gov.au



TIS: 13 14 50



Acknowledging
Bunurong Country

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