

# Living Well

## POSITIVE AGEING IN GREATER DANDENONG



GREATER  
DANDENONG  
City of Opportunity

### Highlights in this issue

- National Advance Care Planning
- Avoiding Dehydration
- Line Dancing Classes
- Seniors Day Trips



## February - March 2025

Happy New Year and welcome to 2025! We hope you all had a wonderful time over the festive period.

The New Year traditionally represents a fresh start, giving us all the opportunity to leave old habits behind and determine how we want things to go moving forward. Many people feel New Year's is the perfect time to tackle lingering tasks or embrace a new mindset.

Even if your list of resolutions includes specific goals for the new year or tasks to cross off, they tend to be more centered around self-improvement and personal growth.

Resolutions people make include:

- Drink more water
- Learn a new skill
- Go somewhere new
- Exercise
- Create a budget
- Join a club
- Explore new hobbies
- Walk more.

Do you still practice making New Year resolutions? The *Positive Ageing Social Connections Book* and *Living Well* newsletter is a great place to start to explore new opportunities in 2025.

To access your copy, contact the Positive Ageing Team on 8571 5556 or visit [www.greaterdandenong.vic.gov.au/connection-seniors](http://www.greaterdandenong.vic.gov.au/connection-seniors)

# Advance Care Planning



**National Advance Care  
Planning Week**  
17–23 March 2025

Advance care planning is the process of choosing future health care and medical treatment options. It gives you the opportunity to think about, discuss and record your preferences. Advance care planning helps to ensure your loved ones and health providers know what matters most to you if you were to become seriously ill and unable to communicate your preferences or make treatment decisions.

## Why it's important

Advance care planning benefits everyone: you, your family, carers and health professionals.

- It helps to ensure you receive the care you actually want
- It improves ongoing and end-of-life care, as well as personal and family satisfaction
- Families of people who have undertaken advance care planning have less anxiety, depression, stress and are more satisfied with care
- For healthcare professionals and organisations, it reduces unnecessary transfers to acute care and unwanted treatment.



## Planning is for everyone

Everyone should consider advance care planning, regardless of your age or health. Ideally, you should start planning when you're healthy - before there's an urgent need for a plan.

It is particularly important if you:

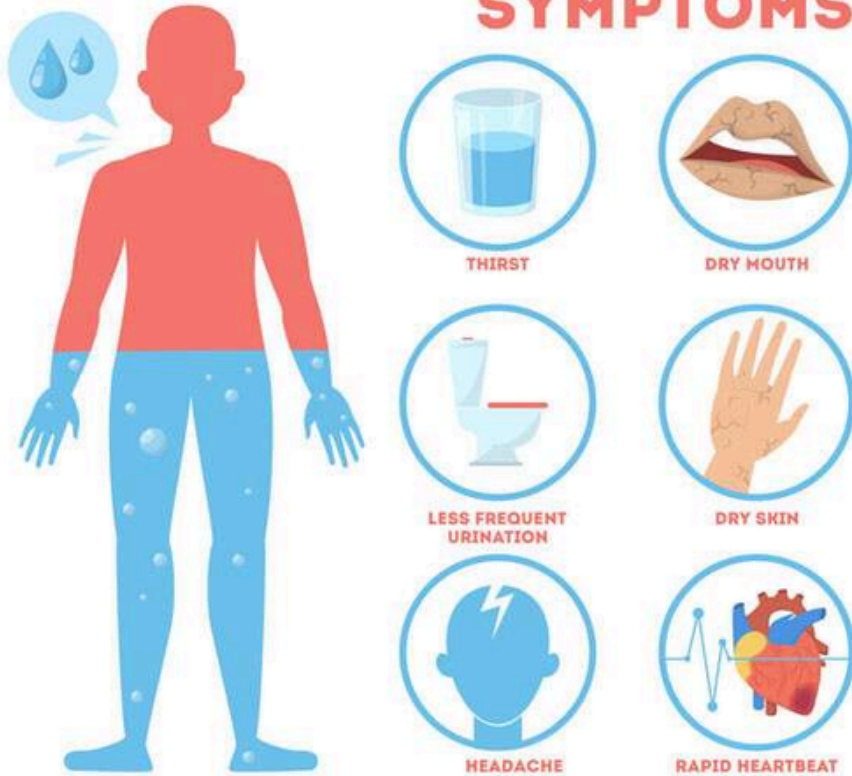
- are older
- have a chronic illness
- have multiple diseases
- have an early cognitive impairment
- are approaching the end of your life

**Phone the free National Advance Care  
Planning Support Service  
1300 208 582  
[advancecareplanning.org.au](http://advancecareplanning.org.au)**

# Dehydration



## DEHYDRATION SYMPTOMS



### What is dehydration?

Dehydration occurs when you don't have enough fluid in your body. If you are dehydrated, your body can't function properly.

### What symptoms are related to dehydration?

If you have mild to moderate dehydration, you might:

- be thirsty
- have a dry mouth, lips and tongue
- be dizzy or light-headed
- have a headache
- have dark urine (wee)
- wee less than usual
- have a fever

### When should I see my doctor?

If you are concerned that you are dehydrated, see your doctor or call Nurse-On-Call 1800 022 222. A registered nurse is available to speak with 24 hours a day, 7 days a week.

Older people may not notice that they are feeling thirsty. If you're caring for an older person, remind them to drink regularly.

## Line Dancing classes with Marie

Come and join our beginner line dancing class starting Wednesday 5 February 2025. Bookings essential. For more details and to book phone Positive Ageing on 8571 5556.

**COOINDA**  
**587 SPRINGVALE ROAD**  
**SPRINGVALE SOUTH**

**EVERY WEDNESDAY**

**10AM TO 11.30AM**



# Seniors Day Trips

Bookings open Tuesday 21 January 2025 at 9am



**Bookings/enquiries phone: 8571 5574**

- Participants must be a resident of the City of Greater Dandenong and be a registered user 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.

**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 6 February**

Depart/Return: 9am-3pm

Transport cost: \$23 (inc GST)

Admission: Adult \$12, Concession \$10

Lunch: Purchase at cafe or BYO



## Queenscliff Ferry 1

Join us on the Searoad Ferries 40 minute trip from Sorrento to the seaside destination of Queenscliff on the Bellarine Peninsula.

**Monday 10 February**

Depart/Return: 8.30am-4.30pm

Transport cost: \$23 (inc GST)

Admission: \$34

Lunch: Purchase at cafe or BYO

## Safer Internet Day - Scones and Scams

Join us at the Springvale Library where we will be delivering an interactive session on how seniors can protect themselves from falling victim to scams.

**Tuesday 11 February**

Time: 10.30am-11.30am

Admission: Free, light morning tea included.

Springvale Library

5 Hillcrest Grove, Springvale



## Noojee Hotel Lunch

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

**Thursday 13 February**

Depart/Return: 10am-2.30pm

Transport cost: \$10.20 (inc GST)

Admission: Free

Lunch: Meals start at \$25, no BYO option



# Seniors Day Trips

## Queenscliff Ferry 2

Join us on the Searoad Ferries 40-minute trip from Sorrento to the seaside destination of Queenscliff on the Bellarine Peninsula.

### Monday 17 February

Depart/Return: 8.30am-4.30pm

Transport cost: \$23 (inc GST)

Admission: \$34

Lunch: Purchase from cafe or BYO



## 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 Thomson River Bridge to arrive at Thomson Station. Here you will disembark and wait for the return trip.

### Wednesday 19 February

Depart/Return: 8.15am-4pm

Transport cost: \$23 (inc GST)

Admission: \$35 return ticket

Lunch: Purchase at cafe or BYO

## Puffing Billy

All aboard Australia's favourite steam train, Puffing Billy, located in the heart of the Dandenong Ranges. We will depart from Belgrave and stop off at Lakeside where you will be able to enjoy the sights before the return trip to Belgrave.

### Monday 24 February

Depart/Return: 8.15am-4pm

Transport cost: \$15.20 (inc GST)

Admission: Adult \$62, Concession \$50

Lunch: Purchase at cafe or BYO



## Steavenson Falls and Bruno's Art and Sculpture Garden

First stop is Steavenson Falls. There is a short walk to view one of the most spectacular waterfalls in Marysville. We then move on to a guided tour of Bruno's Art and Sculpture Garden.

### Friday 28 February

Depart/Return: 8.30am-4pm

Transport: \$23 (inc GST)

Admission: Concession \$10

Lunch: Purchase at Marysville Bakery or BYO

## Soundfair Hearing Information Morning Tea

Join us at Springvale Library for a morning tea and presentation on hearing health, the importance of hearing checks and refurbishment of hearing aids for low-income individuals. Hearing checks will be available on the day.

### Monday 3 March

10-11.30am

Springvale Library

5 Hillcrest Grove, Springvale

Free morning tea, bookings essential





# Seniors Day Trips



## Old Melbourne Gaol

This gaol was the scene of 133 hangings including Australia's most infamous bushranger Ned Kelly. Come and find out what life was like for the men and women who lived and died here.

### Wednesday 5 March

Depart/Return: 9am-3pm  
Transport cost: \$23 (inc GST)  
Admission: Adult: \$38, Concession \$30  
Lunch: Purchase at cafe or BYO

## Ballarat Begonia Festival 1

The Ballarat Begonia Festival showcases over 500 varieties of grown and nurtured begonias with many that are a part of unique and rare collections. The impressive collection is the rarest in the Southern Hemisphere.

### Tuesday 11 March

Depart/Return: 8am-4.30pm  
Transport: \$23 (inc GST)  
Admission: Free  
Lunch: Purchase at cafe or BYO



## Ballarat Begonia Festival 2

The Ballarat Begonia Festival showcases over 500 varieties of grown and nurtured begonias with many that are a part of unique and rare collections. The impressive collection is the rarest in the Southern Hemisphere.

### Wednesday 12 March

Depart/Return: 8am-4.30pm  
Transport: \$23 (inc GST)  
Admission: Free  
Lunch: Purchase at cafe or BYO

## Ballarat Begonia Festival 3

The Ballarat Begonia Festival showcases over 500 varieties of grown and nurtured begonias with many that are a part of unique and rare collections. The impressive collection is the rarest in the Southern Hemisphere.

### Thursday 13 March

Depart/Return: 8am-4.30pm  
Transport: \$23 (inc GST)  
Admission: Free  
Lunch: Purchase at cafe or BYO



## Vincent Van Gogh at The Lume Melbourne

THE LUME Melbourne is proud to present the world premiere of Finding Vincent, a groundbreaking virtual reality experience that redefines immersive art. Explore the vivid, emotional brilliance of one of history's most iconic and influential artists.

### Tuesday 18 March

Depart/Return: 9.15am-3pm  
Transport: \$15.20 (inc GST)  
Admission: Adult \$49.90, Concession \$39.90  
Lunch: Purchase at cafe or BYO



## Seniors Day Trips



### Advance Care Planning Morning Tea

Join us at Springvale Library for a morning tea and presentation on how advance care planning gives you the opportunity to think about, discuss and record your preferences for the type of care you would like to receive and helps to ensure your loved ones and health providers knows what matters most to you.

**Friday 21 March**

Springvale Library  
5 Hillcrest Grove, Springvale  
Free morning tea, bookings essential

### The Acorn Bar and Restaurant Lunch

Join us in this warm and inviting atmosphere, with delicious menu options, which makes The Acorn Bar & Restaurant in The Basin a great place for lunch.

**Friday 21 March**

Depart/Return: 11.30am-3.30pm  
Transport cost: \$10.20 (inc GST)  
Admission: Free  
Lunch: Meals start at \$25. No BYO option



### Kinglake Hotel Lunch

Join us for a relaxed dining experience in the heart of Kinglake. On the menu, you will find all the pub classics and weekly Chef Specials.

**Thursday 27 March**

Depart/Return: 11am-3.30pm  
Transport: \$10.20 (inc GST)  
Admission: Free  
Lunch: Meals start at \$20, no BYO option



## Men's Only Trips

### Running Rabbits Military Museum

There are over 2,500 items of memorabilia, photographs and artefacts on display from weaponry, documents and equipment from the Boer through WWI and WWII to the current day.

**Thursday 27 February**

Depart/Return: 9.30am-1.30pm  
Transport: \$9.70 (inc GST)  
Admission: Gold Coin Donation  
Lunch: Light refreshments available from the bistro or BYO



### Fire Services Museum of Victoria

Australia's largest collection of fire related items collected both nationally and internationally. We will also tour the Fire Vehicle and Appliance Restoration Workshops.

**Thursday 20 March**

Depart/Return: 9am-3pm  
Transport: \$10.20 (inc GST)  
Admission: Adults \$10, Concession \$8  
Lunch: Cafe for lunch or BYO









**If you would like a copy of this booklet, please 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](mailto:positiveageing@cgd.vic.gov.au) for more details.**

**Subscribe to receive electronically:**

**[greaterdandenong.vic.gov.au/living-well-greater-dandenong](http://greaterdandenong.vic.gov.au/living-well-greater-dandenong)**

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