

Living Well

POSITIVE AGEING IN
GREATER DANDENONG

Seniors Festival

The Victorian Seniors Festival is back in 2022 and will celebrate 40 years of the festival.

Following two years of virtual events, this year is a chance to celebrate the important contribution Seniors make to our community. Come and join us for a lunch at one of the following locations.

Rickett's Point Beachside Cafe

Date: Monday 3 October

Time: 11am - 3pm

Location: Beaumaris

Come along to a cosy cafe with beach views.

The lunch menu varies between \$20-\$30.

Bookings are essential on 8571 5556.

Fairfield Boathouse and Tea Rooms

Date: Thursday 13 October

Time: 11am - 3pm

Location: Fairfield

Come along and enjoy lunch with a Heritage feel with river views .

The lunch menu varies between \$20-\$30.

Bookings essential on 8571 5556.

Seniors Festival



Sofia's Family Restaurant

Date: Tuesday 18 October

Time: 11am - 3pm

Location: Frankston

Enjoy Italian food and pizza by the beach.

The lunch menu varies between \$20-\$30.

Booking are essential on 8571 5556.

Warran Glen Garden Cafe

Date: Wednesday 26 October

Time: 11am - 3pm

Location: Warrandyte

Enjoy lunch at a nursery garden cafe.

The lunch menu varies between \$20-\$30

Booking are essential on 8571 5556.

Enquiries

Phone: 8571 5556

Email: positiveageing@cgd.vic.gov.au

Participants must be residents of the City of Greater Dandenong.

Limited seats available and will be allocated on a first to book basis.

Departure/Return:

Noble Park Aquatic Centre

9 Memorial Drive, Noble Park



**Sunday 2 – Sunday 9 October
Melbourne metro and rural travel.**

As a Victorian Seniors Card Holder, you can get out and explore metropolitan Melbourne and regional Victoria with free travel.

Remember to always carry your Seniors myki and Victorian Seniors card with you on public transport.

MAKE YOUR MOVE

To celebrate Senior's Festival this month, here are some great ideas for people looking for lower impact exercises and activities in Greater Dandenong.

Walk down to your local park or public library, join a book club and spend time reading.

Explore a new hobby that doesn't involve a lot of moving around. Suggestions include baking, birdwatching, knitting, indoor or container gardening, learn to play an instrument or learn a new language.

Discover a new form of exercise – all forms of movement have benefits, from sitting exercises, gentle classes, walking basketball or aquatic activities.

Get creative. Research has found creative activities, including drawing, painting, colouring and sculpture, can help tackle negative emotions for people battling chronic illness and help improve medical outcomes.

Get involved – contact us to be connected to groups and programs to help you make your move. Phone 8571 5556.



Did you know?

As we age we lose on average three to five per cent of muscle mass per decade but regular movement can help mitigate that muscle loss, protect from falls and even increase longevity.

Additionally, regular activity and exercise can improve your cognition and even reduce the risk of dementia, as well as supporting your mental health by boosting endorphins.





Friendship Seat

Finding friendship among peers is important for an engaged and connected life.

Greater Dandenong City Council's Positive Ageing Team has launched a program to help connect seniors with community services and also with one another.

The Friendship Seat will visit locations across Greater Dandenong each week to offer a place to have a 'cuppa and a chat' for senior residents who feel isolated or lonely.

Visit:
greaterdandenong.vic.gov.au/friendship-seat

Seniors Clubs and Groups

There are many clubs and groups for seniors within the Greater Dandenong area where people can meet and socialise. Some are based around shared interest while others are more general.

These clubs meet in a variety of settings and provide social activities to their members. Clubs can range in size from about 20 members to over 400.

All clubs offer a range of activities from social functions to outings to learning something new.

Please phone our Positive Ageing Team on 8571 5556 for more information.





Day Trip Program

It's time to start exploring again and experience all the wonderful things to see and do in Melbourne and surrounding areas.

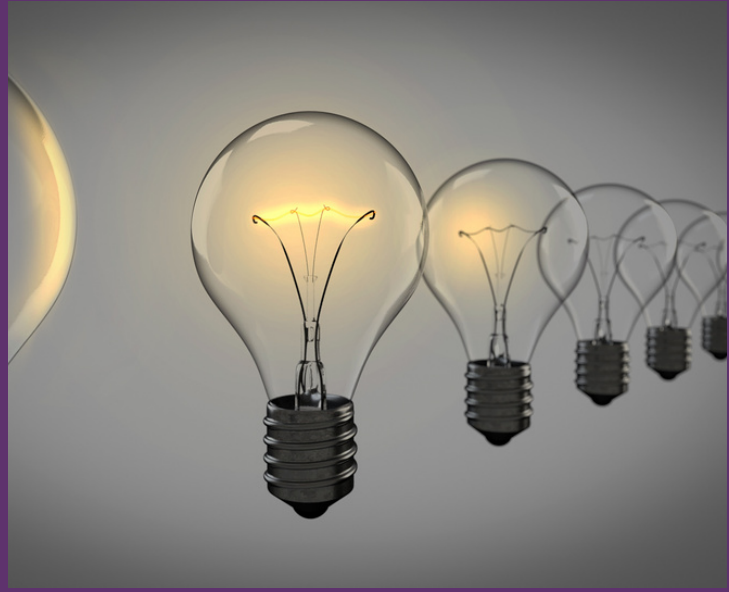
Our day trips have become extremely popular with the seniors in our community and to date we have visited 59 venues and welcomed 245 attendees.

We offer a range of venues of interest like museums, gardens, zoos, markets and shorter outings for lunches or morning teas. Trips are varied with the hope of you finding a place you would like to attend with us.

For more information on current and future day trips and to receive the Positive Ageing newsletter please mail positiveageing@cgd.vic.gov.au or phone 8571 5556

Please note participants must be residents of the City of Greater Dandenong, over 65 years old and become registered users of the Community Transport service.





Save on your Utility Bills

You may be eligible for discounts on some of your utility bills.

Electricity and gas bill discounts are available if you have a pensioner concession card, health care card or Veterans' Affairs Gold Card.

If you are eligible there is an annual discount of 17.5% off your electricity and gas usage and service costs.

People with certain medical conditions can also receive a discount. If you use minimum electricity or gas over a year, you may also be eligible for further discount.

For further information contact your utility supplier or visit services.dffh.vic.gov.au/energy

You can also contact the Victorian Concessions Information Line on 1800 658 521 (toll free) or email concessions@health.vic.gov.au.

The \$250 Power Saving Bonus for Victorian households is now also available.

No Interest Loan Scheme (NILS)

The NILS provides safe, fair and affordable credit to people on low incomes who have a Centrelink health care or pension card, or earn less than \$45,000 a year after tax for singles or \$60,000 a year for couples or people with dependents.

The loan can be used for essential goods and services, that cost between \$300 and \$1,500. Repayments are set at an affordable amount over 12 to 18 months. For information contact South East Community Links on 9546 5255 or email microfinance@secl.org.au

Home heating and cooling upgrades program

Eligible owner-occupier households with an approved concession card, or with a combined household income of less than \$90,000 can receive a \$1,000 rebate to replace existing heating with energy-efficient reverse-cycle air conditioners.

You could also be eligible for rebates towards the decommissioning of gas heaters and upgrading switchboards if necessary. To find out more visit heatingupgrades.vic.gov.au, phone 1300 376 393 or email enquiries@team.heatingupgrades.vic.gov.au





Connecting to the digital world

What is the Tech Savvy Program?

This exciting program offers you the opportunity to stay connected with your community, your family and friends. It also allows you to explore new interests and hobbies through digital channels.

Social isolation is something many people in our community are grappling with at the moment, particularly during the ongoing effects of the COVID-19 pandemic. The Tech Savvy program helps reduce social isolation by keeping people connected through digital technology.

What will I learn?

The program is customised for you based on your device and interests. Some examples of topics that will be covered as part of the program can include:

- How to create your own email address
- How to search and browse the internet
- Cyber Safety
- How to access Webinars
- How to create a social media account
- How to stay connected with family and friends through programs including Zoom or FaceTime.

How much does it cost?

The tech savvy program is supported by the Commonwealth Home Support Program. In order to access the service you will need to have a My Aged Care assessment that will determine your eligibility. Eligible clients will need to pay for the service time at current Community Care rates and may be eligible for subsidised equipment and subscription costs. This will be discussed with you prior to commencing the program.

For further information and to discuss your eligibility please contact Community Care on 8571 5503.



Collect from Customer Service Centres located at:

Dandenong Civic Centre

Parkmore Shopping Centre

Springvale Community Hub

**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



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greaterdandenong.vic.gov.au



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