

# Living Well

## POSITIVE AGEING IN GREATER DANDENONG



GREATER  
DANDENONG  
*City of Opportunity*

### Highlights in this issue

- Seniors Festival 2024
- Men's Social Connections
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### October - November 2024 **Explore. Engage. Evolve.**

Now in its forty-second year, the Victorian Seniors Festival returns in October 2024. The theme this year is *Explore. Engage. Evolve.* encouraging older Victorians to stay curious and connected by exploring new activities, meeting new people, and changing how we think of ageing. The month-long festival recognises the important contribution older people make to our community and celebrates ageing positively.

The state government is providing eight days of free travel during the Victorian Seniors Festival. From Sunday 6 October to Sunday 13 October, you can explore Melbourne and regional Victoria. You will still need to carry your Seniors myki and Victorian Seniors Card with you on public transport and touch on and off as usual. You won't be charged as the system is set to recognise Seniors myki cards during this period.

For more information about the Victorian Seniors Festival, please visit [seniorsonline.vic.gov.au/victorian-seniors-festival](https://seniorsonline.vic.gov.au/victorian-seniors-festival)





# Men's Social Connections

Research has shown that being socially disconnected can impact not only our physical and mental health but can be associated with health issues like obesity, cardiovascular disease and sleep problems.

Everyone needs to feel connected, but studies have shown that males are typically less socially connected and less integrated in the community than females. Making new friends can be hard, especially as we get older. We can lose contact with people we would see often, or it might seem like there are fewer opportunities to meet new people.

If you're ready to start building new connections, or be more socially active here are a few tips on how to get started:

- Re-establish past social connections with friends, neighbours, relatives or previous work colleagues
- Current social connections. With a little effort you can nurture the current friendships you have so they continue to bloom.
- Create new social connections. The City of Greater Dandenong have a range of opportunities to help you make connections in the community. From our day trip program to social clubs, attending community events volunteering or exploring the many activities on offer at local venues, there is something for everyone.

Mr G.S from Noble Park Nth recently provided feedback *"I get immense pleasure attending the Council Day trips. I have met new people, made new friends and now know more people from my local community. I have experienced new areas and have been able to attend places I would not have gone to on my own"*

For more information on social opportunities, please contact the Positive Ageing Team on 8571 5556 or [positiveageing@cgd.vic.gov.au](mailto:positiveageing@cgd.vic.gov.au)



## Thunderstorm Asthma

Thunderstorm asthma is triggered by a mixture of grass pollen in the air and thunderstorm conditions and usually affects people in the windy period before the rain starts. Even people who have never had asthma before can get thunderstorm asthma and it can happen to anyone of any age.

### What are the symptoms of thunderstorm asthma?

If you have thunderstorm asthma, you might have one or more of these symptoms:

- shortness of breath
- tightness in your chest
- wheezing when you breathe
- persistent coughing

The symptoms of thunderstorm asthma can get worse very quickly.

For more information head to [Nationalasthma.org.au](http://Nationalasthma.org.au)



**If your symptoms become severe call triple zero (000) and ask for an ambulance — say it is an asthma emergency.**





# Seniors Day Trips



## Bookings open Tuesday 17 September 2024 at 9am

- 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.

**Bookings/enquiries phone: 8571 5574**

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



## The Pig & Whistle Tavern

Join us for lunch in this traditional English tavern in the picturesque Dandenong Ranges

**Friday 4 October**

Depart/Return: 11.15am - 3pm

Transport cost: \$10.20 (inc GST)

Admission: Free

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

## Tram Espresso Lunch

Located in Mt Evelyn Tram Espresso is located in front of the Mt Evelyn Garden Centre. The W Class rattler has been lovingly restored. With a range of food options you will be spoilt for choice.

**Wednesday 9 October**

Depart/Return: 11am-3pm

Transport: \$10.20 (inc GST)

Admission: Free

Lunch: Meals start at \$20



## Tesselaar Tulip Festival

Come and discover more than a million spring flowering bulbs on show, including over half a million tulips. Indulge in Dutch foods, visit the clog shop or find treasures in the souvenir and market stalls.

**Friday 11 October**

Depart/Return: 9.15am-2pm

Transport cost: \$15.20 (inc GST)

Admission: Adult \$35 Concession \$31

Lunch: Purchase at cafe or BYO

## Royal Botanic Gardens Explorer Bus Tour

Discover the beauty of this inner-city oasis in the comfort of the open-air minibus and admire rolling lawns and the stunning living collections at Melbourne Gardens.

**Tuesday 15 October**

Depart/Return: 10am-3.30pm

Transport: \$23 (inc GST)

Admission: Adults: \$15, Concession \$12

Lunch: Purchase at café or BYO



# Seniors Day Trips



## The Convent Daylesford

Enjoy this 19th century building and all it has to offer. Learn about the Convent's history, explore the chapel, museums and gardens and relax in the café and gift shop.

**Thursday 17 October**

Depart/Return: 8am-4pm

Transport cost: \$23 (inc GST)

Admission: Adult \$10 Concession \$8

Lunch: Purchase at cafe or BYO

## 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 all those years ago.

**Monday 21 October**

Depart/Return: 9am-3pm

Transport: \$23 (inc GST)

Admission: Adult \$38 Concession \$30

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 Dividing Range. **\*lots of walking and stairs\***

**Friday 25 October**

Depart/Return: 9am-3pm

Transport: \$15.20 (inc GST)

Admission: \$20

Lunch: The Old Bakehouse, Neerim South or BYO

## Kallista Tea Rooms Lunch

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

**Monday 28 October**

Depart/Return: 11.15am-2.30pm

Transport: \$10.20 (inc GST)

Admission: Free

Lunch: Meals start at \$25. NO BYO option.



## Healesville Sanctauary & Beechworth Bakery

Located in the Yarra Valley, Healesville Sanctuary is world-renowned as the best place to see Australian wildlife in their natural habitat.

**Wednesday 30 October**

Depart/Return: 8.30am-3pm

Transport: \$23.00 (inc GST)

Admission: Seniors \$48 Concession \$40

Lunch: Purchase at cafe or BYO or Beechworth Bakery Healesville



# Seniors Day Trips



## Living Legends

The perfect setting to be get up close to these former racehorse champions. There will be opportunities for photos, to feed and pat or just admire from a distance.

### Wednesday 6 November

Depart/Return: 9am-2pm

Transport cost: \$15.20 (inc GST)

Admission: Adult \$35 includes Devonshire tea and tour

Lunch: Purchase at cafe or BYO



## Government House Tour

Visitors will be guided through the State Apartments to learn about the history of Government House and its contemporary role.

**\*A lot of walking is required\***

### Monday 11 November

Depart/Return: 8.45am-2pm

Transport: \$15.20 (inc GST)

Admission: Free includes guided 90 minute tour

Lunch: Purchase at café or BYO



## Caldermeade Morning Melodies

Enjoy the entertainment from Matthew Eldridge - The Neil Diamond Experience

### Tuesday 12 November

Depart/Return: 9.45am-2pm

Transport: \$10.20 (inc GST)

Admission: Free

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



## Werribee Park Mansion

Werribee Park Mansion is one of the largest and most opulent properties in Victoria. Explore the gardens and see over 5,000 roses in bloom in the Victoria State Rose Garden

**\*significant walking is required\***

### Thursday 14 November

Depart/Return: 8.30am-3.30pm

Transport: \$23 (inc GST)

Admission: \$11.90 Concession \$8.50

Lunch: Purchase at cafe or BYO



## Chesterfield Farm

Experience country life in the city. Learn about how a daily farm runs, play with the baby animals inside the Nursery and interact and feed the many variety of animals on site.

### Monday 18 November

Depart/Return: 9.30am-2pm

Transport: \$10.20 (inc GST)

Admission:

Lunch: Purchase at cafe or BYO



# Seniors Day Trips



## Morning Main Street Market

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

**Wednesday 20 November**

Depart/Return: 9.30am-2pm

Transport cost: \$10.20 (inc GST)

Admission: Free

Lunch: Purchase at cafe or BYO

## Forest Glade Gardens and The Stokes Collection

Situated in Mount Macedon, The Stokes Collection is a collation of beautiful decorative arts from around the world and is located at the centre of the stunning Forest Glade Gardens. 2.5hr tour, lots of walking and stairs, not recommended for walking aids.

**Tuesday 26 November**

Depart/Return: 8.30am-3pm

Transport: \$23 (inc GST)

Admission: Adult \$35 includes tour of Stokes Collection and Gardens

Lunch: Purchase at café or BYO



## 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 28 November**

Depart/Return: 11am-3pm

Transport cost: \$10.20 (inc GST)

Admission: Free

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

## Community Transport

Community Transport provides a safe, friendly and reliable bus service to eligible residents that have difficulty accessing private or public transport.

Door-to-door transport can be provided to:

- Local shopping centres
- Dandenong Oasis - Hydrotherapy sessions
- Dandenong and Springvale Library
- Social Support Group

To register your interest or for further information, please call Community Transport on 8571 5556 or [bus.community@cgd.vic.gov.au](mailto:bus.community@cgd.vic.gov.au)





# Seniors Festival Events

Explore, Engage, Evolve across our municipality this October. Feel free to enjoy as many events as you can. The Positive Ageing Team can help you with bookings and enquiries.

## International Day for the Older Person event

Join us for a morning tea at Mitchell Hall, Springvale Hub to celebrate the Day for the Older Person. Free copies of our new Positive Ageing and Social Connections book will be available and the team will be there to answer any questions. There will be assistance on the day for anyone who would like to apply for a Victorian Seniors Card.

**Tuesday 1 October**

Time: 10am-2pm

Parking: Free 2-hour parking available

Mitchell Hall, Springvale Hub, 5 Hillcrest Grove, Springvale



## Creative Art Series

Join us every Tuesday in October for our Creative Art series. Each week there will be a different activity on offer. Come for one or come for all. Contact the Positive Ageing Team for the list of activities.

**Tuesday 1, 8, 15, 22 & 29 October**

Time 10am-12pm

Parking: Free 2-hour parking available

Cost: \$10 materials fee each session

Springvale Hub, 5 Hillcrest Grove, Springvale



## Seniors Festival Afternoon Dance

Join us for an afternoon of dancing and singing with Band O'Gold. To celebrate Seniors Festival this dance will run until 4pm and include a celebratory afternoon tea

**Wednesday 2 October**

Time: 1pm - 4pm

Springvale Town Hall, 5 Hillcrest Grove, Springvale

**Please note:** the admission cost to this event is \$10 per person.



## Family Heritage Program

Births, Deaths & Marriage certificates are the foundation of Family History research. We will show you how to use Births, Deaths and Marriages and additional resources that can add to your family history discoveries.

**Thursday 10 October**

Time: 1.30pm-2.30pm - Springvale Library

For more details or to book phone 1300 630 920 or [cgdlibraries@cgd.vic.gov.au](mailto:cgdlibraries@cgd.vic.gov.au)



## Tea & Tech

Over four weeks join us and learn about new technology, how to use your mobile phone, making video calls with your family and connecting with family and friends around the world through social media. **Transport is available for this event**

**Thursday 3, 10, 24 & 31 October**

11.30am - 12.30pm Dandenong & Springvale Library

For more details or to book phone 1300 630 920 or [cgdlibraries@cgd.vic.gov.au](mailto:cgdlibraries@cgd.vic.gov.au)



# Seniors Festival Events



## Create a Keepsake

Do you have a few photographs to display but at a loss for ideas on how? Join us to make a 12-month calendar with your treasured photos with the assistance provided. These will be printed professionally free for you to take home on the day.

**Monday 14 October**

Time: 10.30am-2.30pm Springvale Library

For more details or to book phone 1300 630 920 or [cgdlibraries@cgd.vic.gov.au](mailto:cgdlibraries@cgd.vic.gov.au)

## Seniors Comedy Show

"10 Things That Tell You You're a Senior" will have you relating to comedian Kyleigh Langrick's witty observations and relatable anecdotes that capture the essence of growing older.

**Wednesday 16 October**

Time: 6.30pm-7.30pm Springvale Library

For more details or to book phone 1300 630 920 or [cgdlibraries@cgd.vic.gov.au](mailto:cgdlibraries@cgd.vic.gov.au)



## Dandenong Market Food Tour

Get an exclusive, behind the scenes insight into the tantalizing aromas and exotic flavours on offer at The Dandenong Market. During this 90-minute tour you will visit select traders for sumptuous tastings and insider secrets from the experts.

**Friday 18 October**

Time: 10.30am - 12pm

Admission: \$10 Seniors Festival special price

Dandenong Market Corner of Clow Street and Cleeland Street Dandenong  
Contact the Positive Ageing Team if you require transport.



## Line Dancing with Marie

Looking for an activity that is fun, popular and easy to learn? Whether you are an absolute beginner or know some steps, Marie has over 15 years experience line dancing and will get you moving!

**Wednesday 23 October**

Time: 10am - 11.30am

Admission: Free

Location: Cooinda Centre, 587 Springvale Rd, Springvale Sth

**This will be an ongoing class, call the Positive Ageing Team for more details**



## Author talk - Nornie Bero in Conversation



Nornie Bero is an Island girl from the Komet Tribe of the Meriam people in the Torres Strait. She is a professional chef, an author and is passionate about making native ingredients the hero of the Australian kitchen.

**Thursday 24 October**

Time: 2.00pm-2.45pm Dandenong Library

For more details or to book phone 1300 630 920 or [cgdlibraries@cgd.vic.gov.au](mailto:cgdlibraries@cgd.vic.gov.au)



# Seniors Festival Events



## Yoga for Seniors

Join us to experience all the positives Yoga for Seniors has. Modifications can be made for varying abilities and mobility.

**Tuesday 29 October**

Time: 10.30am-11.30am Springvale Library  
For more details or to book phone 1300 630 920 or [cgdlibraries@cgd.vic.gov.au](mailto:cgdlibraries@cgd.vic.gov.au)

## Men's Only Trips

You spoke, we listened! We are excited to launch our Men's Only Activities during Seniors Festival. During October only, the entry and transport fees are on us! Come along and meet other like-minded men.

## Newport Railway Museum

The Newport Railway Museum hosts an extraordinary collection of steam, diesel and electric trains as well as a host of other railway exhibits.

**Thursday 3 October**

Depart/Return: 9.30am - 2.30pm

Transport cost: Free

Admission: Free

Lunch: Purchase at cafe or BYO



## Learn to Lawn Bowl

Join us for a fun day on the green at Keysborough Bowls Club and give Lawn Bowls a go! Coaches will be available to teach you the basic skills and objectives of the game and answer any questions you may have. Flat comfortable shoes essential.

**Wednesday 16 October**

Time: 10am-12.30pm

Address: 356 Cheltenham Rd, Keysborough

Transport: Contact Positive Ageing team if you require transport

Admission: Free and includes morning tea.



## Australian Rainbow Trout Farm

You can choose from a big challenge lake where you can relax and wait for the fish to bite or highly stocked ponds if you like a bit more action. Cleaning and processing services are available for your catch as well.

**Tuesday 29 October**

Depart/Return: 9.30am - 2.30pm

Transport: Free

Admission: Free entry includes rods and bait. You pay for the fish you catch.

Lunch: Cafe on site or BYO





# Community Education

## Healthy Eating and Nutrition - Bolton Clarke

This one-hour morning session will teach you about healthy eating habits, basic nutrition principles and how you can get the most out of your meals every day.

“Who could live without flavour? Flavour is pleasure as well as health. It’s so vital to life” – Maggie Beer.

**Monday 7 October**

10am-11am

Cooinda Centre

587 Springvale Rd, Springvale

Free morning tea. Bookings essential 8571 5574.

## Basic Home First Aid

This one hour First Aid community information session will cover the latest information on cuts and sprains, fractures and concussion to cardiac events, stroke, insect bites and more.

Understanding basic first aid will empower you to successfully apply first response treatment for common injuries.

**Monday 18 November**

10am-11am

Cooinda Centre

587 Springvale Rd, Springvale

Free morning tea. Bookings essential 8571 5574

## Shopping Centre Trips

**Doncaster**

Wednesday 6 November

**DFO Moorabbin**

Tuesday 19 November

**Knox City**

Friday 29 November

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 \$7.60 per round trip.

Please contact the Positive Ageing team on 8571 5556 for more details.





## 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 Thursday 28 November.**

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](mailto:postiveageing@cgd.vic.gov.au) or phone 8571 5556.**

**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)**

 **(03) 8571 1000**

 **[council@cgd.vic.gov.au](mailto:council@cgd.vic.gov.au)**

 **[greaterdandenong.vic.gov.au](http://greaterdandenong.vic.gov.au)**



**TTY: 133 677**

**Speak and listen: 1300 555 727**

**Online: [relayservice.gov.au](http://relayservice.gov.au)**



**TIS: 13 14 50**



**Acknowledging  
Bunurong Country**

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