

# Living Well

## POSITIVE AGEING IN GREATER DANDENONG



GREATER  
DANDENONG  
*City of Opportunity*

### Highlights in this issue

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## June - July 2025

### World Elder Abuse Awareness Day (WEAAD)

Elder abuse comes in many forms. It can be financial, emotional, psychological, physical, sexual or social.

Elder abuse can occur once, or many times, and can vary in severity from subtle through to extreme. Most often, elder abuse is carried out by someone known to the victim, with two thirds of abusers being an adult child. Abusers can also be other family members, relatives, or friends.

The most recent study of elder abuse prevalence in Australia found that 14.8 percent of people aged over 65 had experienced at least one recognised form of elder abuse in the previous 12 months.

Seniors Rights Victoria works to prevent elder abuse from occurring by offering free legal advice and information as well as a range of educational and advocacy activities. They are committed to safeguarding the rights, dignity and independence of older Victorians.

If you, or someone you know, is experiencing elder abuse and want to know what options are available to you, phone:

**Seniors Rights Victoria helpline on 1300 368 821**





# Medicare Urgent Care Clinics

If you need care for urgent but not life-threatening injuries or illnesses, you can visit a Medicare Urgent Care Clinic.

Urgent care is when you have an illness or injury that needs medical attention on the same day. It's when you can't wait for a GP appointment, but you don't need to visit the emergency department.

Medicare Urgent Care Clinics provide free, walk-in care – no referral or appointment needed.

Urgent medical care may include attending to minor fractures, sprains, minor infections, mild burns, respiratory illness, severe stomach pains or urinary tract infections.



## Medicare Urgent Care Clinics are:

- ✓ Bulk billed, so services are free
- ✓ Walk-in, so you don't need an appointment or referral
- ✓ Open 7 days a week, early and late
- ✓ Staffed by GPs and nurses.

## Local clinics:

### Dandenong

Greens Medical Group, 1/134 Logis Boulevard, Dandenong South. 9579 7933

### Frankston

1-3/49 Beach St, Frankston (supporting Frankston Hospital emergency department)

### Narre Warren

60 Victor Cres, Narre Warren. 97710 2020

### Mount Waverley

408 Huntingdale Rd, Mount Waverley. 8827 0740

Information about Medicare Urgent Care Clinics can be found on the Department of Health and Aged Care's website at [health.gov.au/MedicareUCC](https://health.gov.au/MedicareUCC).

# PROTECT YOURSELF AGAINST THE FLU THIS SEASON

## 2025 INFLUENZA VACCINES AVAILABLE

The **INFLUENZA** vaccine is recommended for people aged 6 months and over and is **FREE** for those most at risk of influenza and its complications\*.

**Talk to your health professional  
about the influenza vaccine today.**



\*Some states and territories may provide free influenza vaccines for other groups. Speak to your GP or other health professional for more information.



# Seniors Day Trips

Bookings open Tuesday 20 May 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**

## 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**

**Wednesday 4 June**

Depart/Return: 9am-2pm

Transport cost: \$15.20 (inc GST)

Admission: \$29 includes 60 minute guided tour

Lunch: Purchase at cafe or BYO



## Miss Pickle 1971 Lunch

Proudly Australian restaurant serving delicious Mediterranean food. Food is prepared fresh and they use time honoured cooking traditions found across the Mediterranean.

**Friday 6 June**

Depart/Return: 11.30am-3pm

Transport cost: \$6.30 (inc GST)

Admission: Free

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

## Yarra Valley Dairy original fine cheese

Located in Yering, the cheeses are made using premium quality cow and goat's milk and 99% Australian ingredients. Shop the wide range of local produce, relishes, jams, homewares, wines, craft ciders and beers along with cheeses of course!

**Thursday 12 June**

Depart/Return: 10am-3pm

Transport cost: \$15.20 (inc GST)

Admission: Free. Cheese tastings, brief tasting \$5 or premium tasting \$15

Lunch: Purchase at cafe or BYO



## Ziebells Farmhouse Museum & Heritage Garden

Built in the 1850s, Ziebell's Farmhouse Museum & Heritage Garden is a unique attraction located in Thomastown's Westgarthtown Pioneer Precinct - a hidden gem amongst modern homes. Come and explore the original farmhouse, out buildings and beautifully maintained gardens.

**Monday 23 June**

Depart/Return: 10am-3.30pm

Transport cost: \$15.20 (inc GST)

Admission: \$15 includes morning tea and tour

Lunch: Purchase at cafe or BYO



# Seniors Day Trips



## Heronswood Diggers Club

Located on the beautiful Mornington Peninsula, Heronswood is the home of the Diggers Foundation. Wander the gardens, visit the nursery and garden shop or get some advice from the friendly staff or growing guides and books on offer.

### Friday 20 June

Depart/Return: 9.30am-2.30pm

Transport cost: \$15.20 (inc GST)

Admission: \$15 or free if you are a Diggers member

Lunch: Purchase from cafe or BYO



## Royal Hotel Koo Wee Rup Lunch

Royal Hotel Koo Wee Rup, with warm country hospitality, a seasonal menu crafted from the freshest produce, the Royal Hotel offers an inviting experience for all who walk through its doors.

### Tuesday 24 June

Depart/Return: 11.30am-3pm

Transport cost: \$7.60 (inc GST)

Admission: Free

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

## Artvo

Experience the art museum in a new way, take the opportunity to not only touch the art but be the art by simply striking a pose in front of the camera.

### Tuesday 1 July

Depart/Return: 9am-3pm

Transport cost: \$\*

Admission: Adult \$30, Seniors \$25

Lunch: Purchase at cafe or BYO



\*2025/2026 fees to be determined



## Riverview Cafe Warburton Lunch

Located in Warburton, Riverview is located on the edge of the Yarra River and offers views to the foothills of Mt Donna Buang. A seasonal menu is available made with fresh local produce and generous servings.

### Friday 4 July

Depart/Return: 10.45am-3.30pm

Transport: \$\*

Admission: Free

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

\*2025/2026 fees to be determined

## Waterfall Gully Cafe Lunch

Located in Rosebud, Waterfall Gully Cafe and Nursery has fabulous food, great staff and a variety of plants and nursery items for sale.

### Thursday 10 July

Depart/Return: 10.30am-2pm

Transport: \$\*

Admission: Free

Lunch: Meals start from \$20



\*2025/2026 fees to be determined

# Seniors Day Trips



## Tyabb Packing House

Come and visit one of the largest spaces dedicated to a wide variety of antiques, retro and vintage wares, memorabilia, art, jewelry and so much more. **\*Recommended to wear warm clothing\***

**Wednesday 16 July**

Depart/Return: 10am-2pm

Transport cost: \$\*

Admission: Free

Lunch: Purchase at cafe or BYO

\*2025/2026 fees to be determined

## Yarra Valley Grand Hotel Lunch

Built in 1888, the Yarra Valley Grand Hotel is a National Trust heritage-listed gem located in Yarra Glen. A seniors menu is available with all mains priced at \$22 and desserts \$11.

**Tuesday 22 July**

Depart/Return: 11am-3pm

Transport: \$\*

Admission: Free

Lunch: Seniors menu \$22, no BYO option

\*2025/2026 fees to be determined



## MCG Tour & Sports Museum

Get the best of both worlds, enjoy a 75 minute tour of the Melbourne Cricket Ground and visit the new and fully interactive Australian Sports Museum.

**Friday 25 July**

Depart/Return: 9am-3pm

Transport cost: \$\*

Admission: \$30 includes 75 minute tour

Lunch: Purchase at cafe or BYO

\*2025/2026 fees to be determined

## 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 28 July**

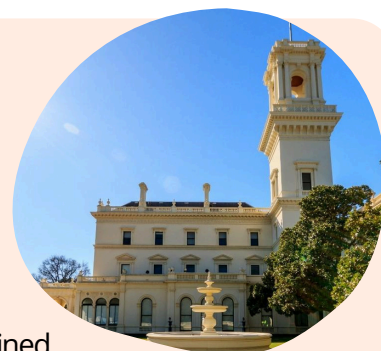
Depart/Return: 8.45am - 2pm

Transport cost: \$\*

Admission: Free includes 90 minute guided tour

Lunch: Purchase at cafe or BYO

\*2025/2026 fees to be determined



## Community Transport

This door to door service provides a safe, friendly and reliable bus service to eligible residents that have difficulty accessing private or public transport. We attend local shopping centres, libraries, hydrotherapy and social support group. For more information please call **8571 5556**

# Victorian Concessions Booklet

The Victorian Government offers concessions to make essential services more affordable for low-income earners. Essential services include electricity, gas, water, and council rates. Concessions are also available for other services such as health, education and public transport. This booklet provides information about different concessions available. Different concessions may have different eligibilities, application processes and contact details. Download the book at <https://services.dffh.vic.gov.au/victorian-concessions-guide-discounts-and-services-word> for more information or call 1800 658 521 for a copy to be sent to you.



## Free Legal Services

South-East Monash Legal Service Inc provides free and confidential legal services across the south-east including the City of Greater Dandenong, Casey and Cardinia.

To make an appointment call 9545 7400 or 9038 8002.

You can attend an appointment in person, by telephone or by video conference.

### Springvale Branch Address:

5 Osborne Avenue,  
Springvale Vic, 3171  
Ph: (03) 9545 7400  
Email: [info@smls.com.au](mailto:info@smls.com.au)

### Narre Warren Branch:

Suite 1, Level 2, 64 Victor Crescent,  
Narre Warren Vic, 3805  
Phone: (03) 9038 8002  
Email: [info\\_narrewarren@smls.com.au](mailto:info_narrewarren@smls.com.au)

## Library Help for Adults

Drop in sessions for help with:

- Job searching
- Resume support
- Filling in forms (one-on-one appt may be required)
- Writing letters
- Government websites
- Internet and computers.

For more information contact Greater Dandenong Libraries on 1800 630 920

## Conversational Circle

Join the Conversation Circle at Dandenong Library and make new friends while practising English in a friendly, relaxed and safe environment.


This program is suitable for adults. Low to intermediate levels of English language skills are required.

**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)**

 **(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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