

Living Well

POSITIVE AGEING IN
GREATER DANDENONG

Highlights in this issue

- Dying to Know Day
- Medicare Urgent Care Clinics
- Influenza Vaccine
- Seniors Day Trips
- Victorian Concessions Booklet
- South-East Monash Legal Service
- What's on at the Libraries



August - September 2025

Dying To
Know *day*
8th August
www.dyingtoknowday.org

Death: it takes all of us.



In 2014, The Groundswell Project developed Dying to Know Day (D2K Day) which celebrates normalising conversations about death. This is an annual campaign empowers all adult Australians to be strong self-advocates for their own personal planning when it comes to their future.

One of the advantages of talking about end of life issues in advance is that the family members or friends who are executing the plans can be confident that they are keeping with the person's wishes. Conversations can be had with parents, spouses or partners, adult children and other important people, so they are prepared with what to do when the time comes.

Ideas for important topics to include in Dying to Know Day conversations might include:

- Creating online memorials
- Understanding and supporting organ donation decisions
- Having discussions about death with children
- Making an emotional will

To access resources or for more information call 1300 002 262 or contact <https://proveda.com.au/community-programs/dying-to-know-day/>



Seniors Festival 2025

Back again for 2025, The Victorian Seniors Festival is a major state-wide event for and involving seniors, celebrating aging and providing opportunities for older adults to connect and engage with others. The festival runs from 1-31 October, with free and low-cost events right across Victoria. Free public transport for Seniors Card cardholders is available from 5-12 October 2025.

Our September/October Living Well newsletter will be a bumper edition advertising our events during Seniors Festival but here is a sneak peak.....

Living Well Expo - Save The Date

Join us at our inaugural Living Well Expo on Friday 10 October, a fun free event promoting an active, healthy and connected community for our seniors. Stallholders will provide valuable information on services, supports and connections available to you locally. There will be fun free activities and guest speakers including Services Australia, Housing for the Aged Action Group, and more. Free sausage sizzle lunch provided.

Further details will be available in the next issue so put the date in your diaries now!

Stronger Together Community Forum

Join Victoria Police, Elder Rights Australia, City of Greater Dandenong and other Victorian Government partners to hear how community is stronger, together. The Stronger Together forum aims to empower and strengthen connections between seniors, families, advocates, aged care workers, police and other leaders to enhance community safety, increase reporting and awareness of available services and support.

Learn about your rights in aged care, how advocates can help you, recognising, responding and reporting elder abuse, how to recognise and protect yourself against scams with cyber safety tips, as well as other resources. The forum will include presentations from police and the Elder Rights Australia providing advice on how people can seek help, including victim support services, access to counselling, and legal and financial support.

Date: Thursday 16 October

Time: 10am-12pm

Location: Supper Room Springvale Town Hall
5 Hillcrest Grove
Springvale 3171

Contact: For bookings or more information contact 8571 5556 or
positiveageing@cgd.vic.gov.au

Light morning tea provided



**Bookings
open
register today
8571 5556**



Seniors Festival 2025



Seniors Afternoon Dance

An afternoon of singing and dancing with

Band O' Gold

Thursday 30 October

1pm-4pm

Springvale Town Hall

5 Hillcrest Grove, Springvale

Cost: \$10 (inc GST) payment at the door.
Includes light afternoon tea.

Bookings essential, phone 8571 5556



Bookings
open
register today
8571 5556

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 Tuesday 21 October.**

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 or
phone 8571 5556.

Seniors Day Trips

Bookings open Tuesday 22 July 2025 at 9am



Bookings/enquiries phone: 8571 5574

- Participants must be a resident of the City of Greater Dandenong and be or become 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

Sealife Aquarium

Located on the banks of the Yarra River, Sea Life Aquarium is a Southern Ocean and Antarctic aquarium in central Melbourne.

Tuesday 5 August

Depart/Return: 9am-2pm

Transport cost: \$15.80 (inc GST)

Admission: Concession \$43.00

Lunch: Purchase at cafe or BYO



Melbourne Skydeck

From the Southern Hemisphere's highest viewing attraction, the City of Melbourne comes alive at nearly 300 metres above.

Friday 8 August

Depart/Return: 11am-3pm

Transport cost: \$15.80 (inc GST)

Admission: Adults \$39.60 Concession \$31.90

Lunch: Purchase at cafe or BYO

Rivers of Yarrambat

Join us for a beautiful lunch at the Rivers of Yarrambat. Enjoy an all-day menu or vegan options. Take a stroll around the garden or browse through the home, gifts and fashion store, you never know what you may find.

Tuesday 12 August

Depart/Return: 10.30am-3pm

Transport cost: \$10.60 (inc GST)

Admission: Free

Lunch: Meals start at \$20. No BYO option



Cape Schanck Lighthouse Tour

The Cape Schanck Lighthouse, constructed in 1859 from limestone stands 21 metres tall. The tour includes a lightkeeper's cottage, and visitors are allowed to climb the stone stairs to the lamp room and balcony for spectacular views.

Thursday 14 August

Depart/Return: 9am-2.30pm

Transport cost: \$24.00 (inc GST)

Admission: \$16.00

Lunch: Purchase at cafe or BYO

***steep stairs and walking,
not suitable for walkers***

Seniors Day Trips



South Melbourne Market

Since 1867, South Melbourne Market has been a treasured inner city landmark and a favourite amongst locals and visitors. It is the quintessential village market, a place where people come not only to purchase fresh food, but to meet, eat, drink, shop and discover.

Wednesday 20 August

Depart/Return: 8.45am-1.30pm

Transport cost: \$15.80 (inc GST)

Admission: Free

Lunch: Purchase from cafe or BYO



Melbourne Holocaust Museum

This museum houses an extensive collection of materials related to the Holocaust, most of which have been donated by Holocaust survivors who migrated to Melbourne.

Friday 22 August

Depart/Return: 9.45am-2.30pm

Transport cost: \$15.80 (inc GST)

Admission: Everybody Had a Name Exhibition Adults \$18, Concession \$14

Lunch: Purchase at cafe or BYO



Austral Hotel Korumburra lunch

Join us for lunch at the historical Austral Hotel (formerly Bridge Hotel). This hotel is one of the oldest commercial buildings in Korumburra, being constructed in 1894.

Thursday 28 August

Depart/Return: 11am-3.30pm

Transport cost: \$10.60 (inc GST)

Admission: Free

Lunch: Meals start at \$25.00, Seniors menu available. No BYO option



Primary @ Pioneers Park lunch

Located in Berwick in a beautiful historical building, Primary @ Pioneers Park offers a delicious seasonal menu in a relaxed, casual dining venue.

Monday 8 September

Depart/Return: 11.30am-3pm

Transport: \$10.60 (inc GST)

Admission: Free

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



Box Cottage Museum

Located in Moorabbin, Box Cottage Museum is a reproduction cottage of an actual 1840's local pioneer's cottage and houses an eclectic collection of interesting historical artefacts from the surrounding districts.

Thursday 11 September

Depart/Return: 9.30am-2pm

Transport: \$15.80 (inc GST)

Admission: Gold Coin donation

Lunch: Purchase at cafe or BYO

***uneven cobblestone paths,
not suitable for 4 wheel walkers***



Seniors Day Trips



Como House

Known has the “white house on the hill” Como House was built in 1847. Join us for a tour of the house, you can view the gardens and explore the gift shop.

Wednesday 17 September

Depart/Return: 10.30am-3pm

Transport cost: \$15.80 (inc GST)

Admission: Adults \$15, Concession \$10 includes house tour

Lunch: Purchase at cafe or BYO

Fitzroy Gardens

Join us for the Fitzroy Gardens Heritage tour marveling at the English elms, native wildlife and the formal gardens. Tour includes Cooks’ Cottage, the Fairies Tree and the Model Tudor Village.

Wednesday 24 September

Depart/Return: 9.45am-3pm

Transport: \$15.80 (inc GST)

Admission: \$9.80 includes heritage Tour

Lunch: Purchase at cafe or BYO

lots of walking required



Shopping Centre Trips

Fountain Gate

Friday 1 August

Karingal Hub

Monday 18 August

Doncaster

Wednesday 3 September

Moorabbin DFO

Friday 19 September

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 three hours at the destination before returning home.

The fee is \$7.90 per round trip.
Please contact the Positive Ageing team on 8571 5556 for more details.

Re-use and Recycle

Drop Off Day



A **FREE** drop-off
for your unwanted
electronic and
household goods
Greaves Reserve,
2-20 Bennet Street,
Dandenong

**Saturday 23 August
2025, 8am-1pm**

**Saturday 15 November
2025, 8am-1pm**

Why

This is a great chance to clear some space around the house, reduce landfill and give items a new life. This FREE one-off service is in addition to your one free annual hard waste collection.

How

1. Place your items in a car or trailer. You must arrive in a vehicle as this is a drive thru drop off day.

Trucks will not be permitted

2. The events will be held at Greaves Reserve.
3. Entry to the event will be from Sinclair Road and exit from Bennet Street only.
4. Collection staff will help you remove your items and place in the correct pile.

Find out more and register for an SMS or email reminder at
greaterdandenong.vic.gov.au/recycle-day

FAQ

How many items can I bring? You can bring a maximum of 15 items. One full bag of clothing and linen will count as one item. There is a limit of two mattresses per car.

How much does this cost?

Nothing, it is **FREE**. However you must be a resident of The City of Greater Dandenong.

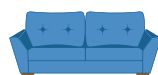
Can I still book a hard waste collection?

Yes, this is in addition to your one free annual hard waste collection.

Where do the goods go?

Good quality, reusable items will be donated to charitable organisations. Other items will be recycled to create new products.

Items accepted for reuse



Furniture

Chairs, tables, couches, desks



Bicycles



Homewares

Toys, cookware, sporting items, baby equipment



Clothes and linen

Clothing, shoes, fashion accessories, towels, sheets

Items accepted for recycling



TVs and computers



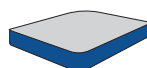
Electrical appliances

Printers, rice cookers, anything with a cord and battery



Whitegoods

Fridges, washing machines, dryers, microwaves



Mattresses

Limit of two

To avoid missing out, we highly recommend attending this event as early as possible.

**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 for more details.**

**Subscribe to receive electronically:
greaterdandenong.vic.gov.au/living-well-greater-dandenong**

 **(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**

Follow us:

