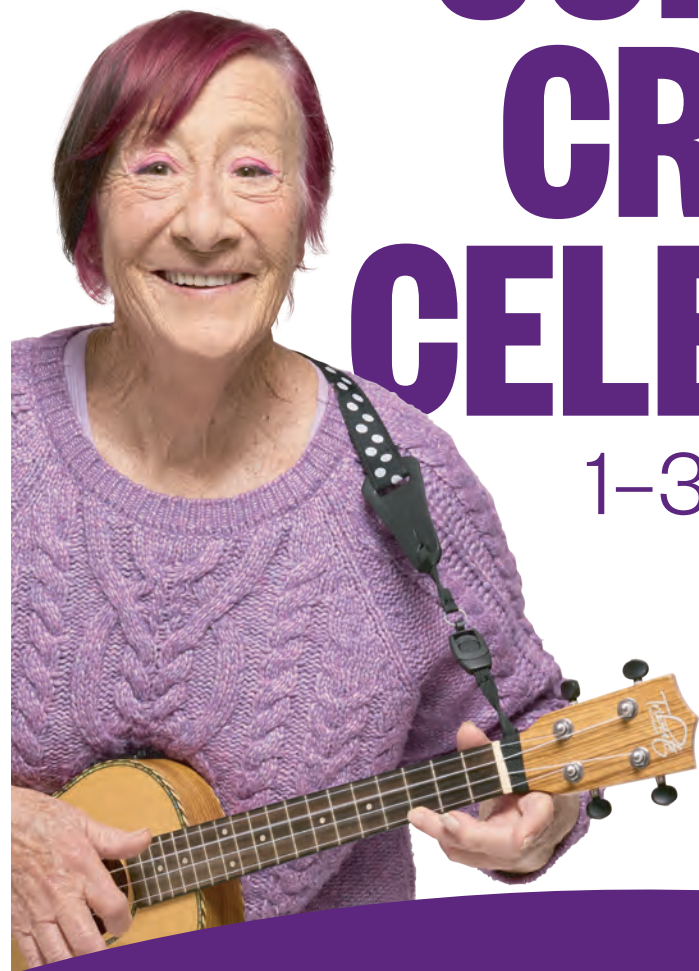


Seniors Festival 2025



CONNECT CREATE CELEBRATE

1–31 October



Event Guide



Victorian
Seniors
Festival
2025

PROGRAM AT A GLANCE

Time	Event	Cost	Page
Wednesday 1 October			
11.30am - 12.30pm	Conversations with Connie Cao	Free	p5
Thursday 2 October			
11.30am - 2.30am	Day Trip: Royal Hotel Koo Wee Rup Hotel Lunch	\$10.60 Meals start at \$25	p5
1.30pm - 2.30pm	Let's Talk Family History	Free	p5
Friday 3 October			
2.30pm - 3.30pm	Tea and Tech	Free	p6
Monday 6 October			
8am - 1pm	Day Trip: Melbourne Town Hall Tour	\$15.80 BYO Lunch	p6
11.30am - 12.30pm	Coffee Club	Free	p6
Tuesday 7 October			
11.30am - 12.30pm	Bibliotherapy with Sonya Tsakalakis	Free	p7
Wednesday 8 October			
9am - 3pm	Day Trip: Tesselaar Tulip Farm and Emerald Bakery	\$15.80 +Admission Costs	p7
3.30pm - 5.30pm	International Games Day	Free	p7
Thursdays 9 October			
11am start	Positive Ageing Weekly Exercise Program	\$4.20 per class	p8
2.30pm - 3.30pm	Tea and Tech	Free	p8

Time	Event	Cost	Page
Friday 10 October			
2.30pm - 3.30pm	Tea and Tech	Free	p8
10am - 2.30pm	Living Well Expo	Free	p10
Tuesday 14 October			
10.30am - 11.30am	Laughing Yoga	Free	p10
Wednesday 15 October			
9.30am - 2pm	Day Trip: Melbourne Tram Museum	\$15.80 +\$2 coin donation	p10
Thursday 16 October			
10am - 2pm	Stronger Together Community Forum	Free	p11
10.30am - 11.30am	Gardening Workshop - Starting a Vegetable Garden	Free	p11
11am start	Positive Ageing Weekly Exercise Program	\$4.20 per class	Recurring session refer p8
Friday 17 October			
10am - 11am	Learn line dancing	Free	p11
2.30pm - 3.30pm	Tea and Tech	Free	Recurring session refer p6
Monday 20 October			
11am - 12.30pm	Create a Keepsake	Free	p13
11.30am - 12.30pm	Coffee Club	Free	Recurring session refer p6

PROGRAM AT A GLANCE

Time	Event	Cost	Page
Tuesday 21 October			
10am - 12pm	Celebrating Our Centenarians Event	Free Note: Eligibility requirements	p13
11am - 2.30pm	Day Trip: Customs House Hotel Williamstown Lunch	\$10.60 Meals start at \$25	p14
Wednesday 22 October			
11am - 2.30pm	Tea and Tech	Free	Recurring session refer p8
Thursday 23 October			
9am - 3.30pm	Day Trip: Phillip Island	\$24.00 Buy Lunch or BYO	p14
11am start	Positive Ageing Weekly Exercise Program	\$4.20 per class	Recurring session refer p8
Friday 24 October			
10am - 11am	Learn Line Dancing	Free	Recurring session refer p11
10.30am - 11.30am	Safe Online Surfing	Free	p14
Monday 27 October			
9am - 3pm	Day Trip: Duneira Estate	\$59 Buy Lunch or BYO	p15
11.30am - 12.30pm	Coffee Club	Free	p15
Tuesday 28 October			
10.30am - 12pm	Mosaic Art	Free	p15

Time	Event	Cost	Page
Wednesday 29 October			
9.15am - 2pm	Day Trip: Dandenong Ranges Botanic Garden	\$24.90 Buy Lunch or BYO	p17
Thursday 30 October			
10.30am - 11.30am	Gardening Workshop - Starting a Vegetable Garden	Free	p17
11am start	Positive Ageing Weekly Exercise Program	\$4.20 per class	Recurring session refer p8
1pm - 4pm	Seniors Afternoon Dance	\$10	p17
Friday 31 October			
10am - 11am	Learn line dancing	Free	Recurring session refer p11
2.30pm - 3.30pm	Tea and Tech	Free	Recurring session refer p8
11am - 3.30pm	Day Trip: Austral Hotel Korumburra lunch	\$10.60 Seniors menu available, no BYO	p18



Victorian Seniors Festival 2025



Wednesday 1 October

Conversations with Connie Cao

11.30am - 12.30pm

Discover the joy of growing your own veggies, herbs and fruits, with Connie Cao author, of 'Your Asian Veggie Patch', from patch to plate.

 **Springvale Library**, 5 Hillcrest Grove, Springvale

 **Free Event**

 **Bookings essential:** 1300 630 920 or cgdlibraries@cgd.vic.gov.au

Thursday 2 October

Day Trip: Royal Hotel Koo Wee Rup Hotel Lunch

11.30am - 2.30pm

With warm country hospitality and a seasonal menu, the Royal Hotel offers an inviting experience for all who walk through its doors.

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

 **Transport Cost:** \$10.60

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

 **Bookings essential:** 8571 5556 or positiveageing@cgd.vic.gov.au

Thursday 2 October


Let's Talk Family History

1.30pm - 2.30pm

Curious about your family's past? Join our monthly sessions to explore your roots, share stories, and get expert tips from our Family History Librarian in a relaxed, welcoming space.

 **Springvale Library**, 5 Hillcrest Grove, Springvale

 **Free Event**

 **Bookings essential:** 1300 630 920 or cgdlibraries@cgd.vic.gov.au

Friday 3 October

Tea and Tech

2.30pm - 3.30pm

Make new friends and explore useful technology over a cup of tea or coffee. Learn how to use your mobile devices, make video calls and connect with loved ones through social media.

 **Springvale Library**, 5 Hillcrest Grove, Springvale

 **Free Event**

 **Bookings essential:** 1300 630 920 or cgdlibraries@cgd.vic.gov.au

Monday 6 October

Day Trip: Melbourne Town Hall Tour

8am - 1pm

Join us for a free guided tour of the historic Melbourne Town Hall. Learn of the buildings' unique history, visit the Grand Council Chambers and the Portico Balcony. **Must produce photo ID**

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

 **Transport Cost:** \$15.80
Lunch: BYO only

 **Bookings essential:** 8571 5556 or positiveageing@cgd.vic.gov.au

Monday 6 and 20 October

Coffee Club

11.30am - 12.30pm

Enjoy a cuppa and a chat while staff help you discover your next great read from our library collection. Eligible participants can access low-cost transport via our community bus.

 **Dandenong Library**, 225 Lonsdale St, Dandenong

 **Free Event**

 **Bookings essential:** 1300 630 920 or cgdlibraries@cgd.vic.gov.au

Tuesday 7 October

Bibliotherapy with Sonya Tsakalakis

11.30am - 12.30am

Discover the healing power of words in this free bibliotherapy taster session with Sonya Tsakalakis, author of 'Reading the Seasons'. Through stories and poems, explore wellness, reflection and the kind of soul-stirring magic only great books can offer.

 **Dandenong Library**, 225 Lonsdale St, Dandenong

 **Free Event**

 **Bookings essential:** 1300 630 920 or cgdlibraries@cgd.vic.gov.au

Wednesday 8 October

Day Trip: Tesselaar Tulip Farm and Emerald Bakery

9am - 3pm

More than a million spring flowering bulbs are on show, including over 90,000 Tulips. Live entertainment, delicious food vendors and so much more!

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

 **Transport Cost:** \$15.80

Admission: Adults \$36.00 Concession \$32.00

Lunch: Purchase at bakery or BYO

 **Bookings essential:** 8571 5556 or positiveageing@cgd.vic.gov.au

Wednesday 8 October


International Games Day

3.30pm - 5.30pm

Celebrate culture and fun at our International Games Event! Try out a variety of games from around the world. No experience needed—just come ready to play and have a great time!

 **Dandenong Library**, 225 Lonsdale St, Dandenong

 **Free Event**




 **Bookings essential:** 1300 630 920 or cgdlibraries@cgd.vic.gov.au

Thursdays 9, 16, 23 and 30 October

Positive Ageing Weekly Exercise Program

11am start

Starting Thursday 9 October, join instructor Robyn for a fun and inclusive 45-minute class designed to help maintain or improve mobility and strength. Activities may include Tai Chi, Pilates, chair yoga and more – suitable for all abilities.




-  **Cooinda Centre**, 587 Springvale Rd Springvale Sth
-  **Free for October** | \$4.20 per class from 6 November
-  **Bookings essential:** 8571 5556 or positiveageing@cgd.vic.gov.au

Thursday 9 and Wednesday 22 October

Tea and Tech

2.30pm - 3.30pm

Make new friends and explore useful technology over a cup of tea or coffee. Learn how to use your mobile devices, make video calls and connect with loved ones through social media.


-  **Keysborough Community Hub**, 10 Villiers Road, Keysborough
-  **Free Event**
-  **Bookings essential:** 1300 630 920 or cgdlibraries@cgd.vic.gov.au

Friday 10 and 31 October

Tea and Tech

2.30pm - 3.30pm

Make new friends and explore useful technology over a cup of tea or coffee. Learn how to use your mobile devices, make video calls and connect with loved ones through social media.

-  **Dandenong Library**, 225 Lonsdale St, Dandenong
-  **Free Event**
-  **Bookings essential:** 1300 630 920 or cgdlibraries@cgd.vic.gov.au

Victorian Seniors Festival 2025

Living Well EXPO

Friday 10 October,
10:00am – 2:30pm

Seniors
Carers
Families

FREE BBQ
Come and Try
Line Dancing
Tai Chi
Seniors sports

Springvale Town Hall

Exhibition Hall

- Local Clubs & Groups
- Support Agencies
- Council representatives

Information Sessions

- Healthy Brain, Healthy Body
- LiveUp Program
- Housing for the Aged
- Planning Ahead - Seniors Rights
- Services Australia



Free community event

 (03) 8571 5556

 positiveageing@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

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Friday 10 October

Living Well Expo

10am - 2.30pm

Join us for a free, fun-filled event celebrating active, healthy and connected living for seniors! Discover local services and support from a range of stallholders, enjoy engaging activities and hear from guest speakers.

 **Springvale Town Hall**, 5 Hillcrest Grove, Springvale

 **Free Event**

 **To register** or for more information contact 8571 5556

Tuesday 14 October

Laughing Yoga

10.30am - 11.30am

Boost your mood, relax your body, and share a laugh! Join our gentle Laughing Yoga Workshop designed for seniors. Through playful breathing, light movement, and contagious laughter, you'll leave feeling refreshed and connected.

 **Dandenong Library**, 225 Lonsdale St, Dandenong

 **Free Event**

 **Bookings essential:** 1300 630 920 or cgdlibraries@cgd.vic.gov.au

Wednesday 15 October

Day Trip: Melbourne Tram Museum

9.30am - 2pm

Located in Hawthorn, the Melbourne Tram Museum is home to 20 fully restored trams including V-class, W-class, X-class and Z-class.

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

 **Transport Cost:** \$15.80

Admission: \$2 Gold Coin donation

Lunch: Purchase at Café or BYO




 **Bookings essential:** 8571 5556 or positiveageing@cgd.vic.gov.au

Thursday 16 October

Stronger Together Community Forum

10am - 2pm

Presentations from Victoria Police and Elders Rights Australia. Learn about your rights in aged care, how advocates can help you, recognise, respond and report elder abuse and protect yourself against scams with cyber safety tips and resources.

-  **Springvale Town Hall, Supper Room**, Hillcrest Grove, Springvale
-  **Free Event:** Light morning tea provided
-  **Bookings essential:** 8571 5556 or positiveageing@cgd.vic.gov.au

Thursday 16 October

Gardening Workshop - Starting a Vegetable Garden

10.30am - 11.30am

Got a backyard that needs some love? Join us to learn how to start your own veggie garden and explore a vibrant plant display with tips from the City of Greater Dandenong's Horticulture team.

-  **Springvale Library**, 5 Hillcrest Grove, Springvale
-  **Free Event**
-  **Bookings essential:** 1300 630 920 or cgdlibraries@cgd.vic.gov.au

Friday 17, 24 and 31 October

Learn line dancing

10am – 11am

Whether you are a beginner or know some steps, instructor Marie has more than 15 years' experience and will get you moving. Please note this class is free for October for new participants only.

-  **Cooinda Centre**, 587 Springvale Rd Springvale Sth
-  **Free for new participants in October only**
-  **Bookings essential:** 8571 5556 or positiveageing@cgd.vic.gov.au



VICTORIA POLICE



**Elder Rights
Australia**

Promoting the human rights of all older people



Information Session for Greater Dandenong Community Members

Elder Rights Australia and Victoria
Police, supported by Greater
Dandenong City Council, present



“Stronger Together”

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.

When: Thursday 16th October

Where: Springvale Town Hall, Supper Room
Hillcrest Grove, Springvale

Time: 10am – 2pm

Aged Care Safety Forum – Victoria Police and Elder
Rights Australia – Eventbrite
(Please search online and register interest)



1800 700 600 | elderrights.org.au



Elder Rights Advocacy is a founding member of the National Older Persons Advocacy Network (OPAN), delivering the National Aged Care Advocacy Program (NACAP), an Australian Government initiative. ABN 63 367 539 827.

Monday 20 October

Create a Keepsake

11am - 12.30pm

Learn how to transform your treasured photographs into a wall calendar with the assistance of local high school students. Best thing? We will have them printed professionally free for you to take home.

 **Springvale Library**, 5 Hillcrest Grove, Springvale

 **Free Event**

 **Bookings essential:** 1300 630 920 or cgdlibraries@cgd.vic.gov.au

Tuesday 21 October

Celebrating our Centenarians Event

10am - 12pm

We're celebrating residents who have reached their 100th birthday and would love to hear from them - or from family members and friends of those aged 100 years 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 or for more details contact 8571 5556 or positiveageing@cgd.vic.gov.au



Tuesday 21 October

Day Trip: Customs House Hotel Williamstown Lunch

11am - 2.30pm


Located in the heart of Williamstown's Restaurant precinct, Customs House Hotel is known to have "something for everyone". All day seniors menu is available.

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

 **Transport Cost:** \$10.60 (inc GST)

Admission: Free

Lunch: Purchase at Café or BYO

 **Bookings essential:** 8571 5556 or positiveageing@cgd.vic.gov.au

Thursday 23 October

Day Trip: Phillip Island

9am - 3.30pm

Join us for a relaxing trip to Phillip Island where we will explore a chocolate waterfall, The Nobbies and fresh fish and chips for lunch.

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

 **Transport Cost:** \$24.00 (inc GST)

Lunch: Purchase at Café or BYO

 **Bookings essential:** 8571 5556 or positiveageing@cgd.vic.gov.au

Friday 24 October

Safe Online Surfing

10.30am - 11.30am

Learn more about staying safe online from scams to keeping your personal information secure.

 **Springvale Library**, 5 Hillcrest Grove, Springvale

 **Free Event**

 **Bookings essential:** 1300 630 920 or cgdlibraries@cgd.vic.gov.au

Monday 27 October

Day Trip: Duneira Estate

9am - 3pm

Spread across 38 acres, Duneira offer visitors a unique insight into the lives and ambitions of the wealthy during colonial times in Australia.

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

 **Transport Cost:** \$24.00

Admission: \$35.00 includes house and garden tours

Lunch: Purchase at café or BYO

 **Bookings essential:** 8571 5556 or positiveageing@cgd.vic.gov.au

Monday 27 October

Coffee Club

11.30am - 12.30pm

Enjoy a cuppa and a chat while staff help you discover your next great read from our library collection. Eligible participants can access low-cost transport via our community bus.

 **Springvale Library**, 5 Hillcrest Grove, Springvale

 **Free Event**

 **Bookings essential:** 1300 630 920 or cgdlibraries@cgd.vic.gov.au

Tuesday 28 October


Mosaic Art

10.30am - 12pm

Learn the essentials of mosaic-making in this fun, hands-on workshop. You'll explore cutting, gluing, and grouting techniques to create a unique artwork. No experience needed - just come ready to get creative.

 **Springvale Library**, 5 Hillcrest Grove, Springvale

 **Free Event**

 **Bookings essential:** 1300 630 920 or cgdlibraries@cgd.vic.gov.au

Seniors Afternoon Dance



Thursday 30 October

Band O' Gold



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



**Greater
Dandenong**


Wednesday 29 October


Day Trip: Dandenong Ranges Botanic Garden

9.15am - 2pm

The Dandenong Ranges Botanic Garden is Victoria's premier cool-climate garden, renowned for its stunning collections of rhododendrons, azaleas, and camellias, set against breathtaking views of the Yarra Valley.

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

 **Transport Cost:** \$15.80 (inc GST)
Admission: \$9.10 includes 30 Minute bus tour
Lunch: Purchase at café or BYO

 **Bookings essential:** 8571 5556 or positiveageing@cgd.vic.gov.au

Thursday 30 October

Gardening Workshop - Starting a Vegetable Garden

10.30am - 11.30am

Got a backyard that needs some love? Join us to learn how to start your own veggie garden and explore a vibrant plant display with tips from the City of Greater Dandenong's Horticulture team.

 **Dandenong Library**, 225 Lonsdale St, Dandenong

 **Free Event**

 **Bookings essential:** 1300 630 920 or cgdlibraries@cgd.vic.gov.au

Thursday 30 October

Seniors Afternoon Dance

1pm - 4pm

Join us for an afternoon of singing and dancing with live entertainment from **Band O' Gold**.

 **Springvale Town Hall**, 5 Hillcrest Grove, Springvale

 **Admission:** \$10 includes light afternoon tea

 **Bookings essential:** 8571 5556 or positiveageing@cgd.vic.gov.au

Friday 31 October

Day Trip: Austral Hotel Korumburra lunch

11am - 3.30pm

Built in 1894, join us for lunch at one of the oldest commercial buildings in Korumburra.

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

 **Transport Cost:** \$10.60 (inc GST)

Admission: Free

Lunch: Seniors menu available, no BYO option

 **Bookings essential:** 8571 5556 or positiveageing@cgd.vic.gov.au

Seniors Festival 2025

CONNECT CREATE CELEBRATE

1–31 October



 (03) 8571 5556

 positiveageing@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:



ACKNOWLEDGEMENTS

The City of Greater Dandenong would like to thank the organisations who assisted with the events for **Seniors Festival 2025**.

If you would like more information regarding Senior's clubs/groups and services please contact the City of Greater Dandenong's Positive Ageing Department on 8571 5556.

For more information on upcoming activities check out **What's On** at greaterdandenong.com



Victorian
Seniors
Festival
2025

