

Living Well

POSITIVE AGEING IN
GREATER DANDENONG



Highlights in this issue

- The Biscuit Tin Project
- National Advance Care Planning week
- Drum Theatre Encore Program
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February - March 2026

Happy New Year and welcome to 2026. We hope you had a lovely time over the festive period.

Welcome to our newest team member!

We're thrilled to welcome Diony to the team! You'll spot her out and about in the community or at one of our many events, be sure to say hello when you see her.



What's Inside this edition

This issue is packed with exciting activities and provides a sneak peek at new programs coming in 2026.

The Biscuit Tin Project

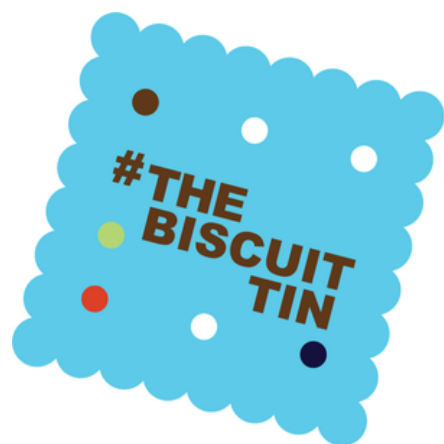
This inspiring initiative shines a light on the ageism and sexism faced by older women and celebrates their achievements and contributions. Join us on Tuesday 24 March for an information session in the Supper Room, Springvale Town Hall. Interpreting services will be available, and you'll have the chance to get involved in the project! See page 2.

National Advance Care Planning Week 16-22 March

Planning ahead ensures your loved ones and doctors understand your health and personal wishes. See page 3 for more information and page 8 for details on how to book your spot for the morning tea.

Encore Program transport

Starting in February, we're excited to offer door-to-door transport to the Drum Theatre for their Encore Program. More information is on page 4 and booking details on pages 6 & 8.



The Biscuit Tin Project

Celebrating and Promoting Respect for Older Women

The Positive Ageing team warmly invites women aged 65 and over in the City of Greater Dandenong to join us for an information session about The Biscuit Tin Project. This initiative shines a light on the importance of respecting older women and recognising their remarkable contributions as leaders, CEOs, academics, mothers, grandmothers, aunts, neighbours, colleagues and friends.

What's Included?

Enjoy morning tea while you:

- Learn more about The Biscuit Tin Project
- Explore the achievements and contributions of older women
- Share ideas on how respect for older women is demonstrated
- Discover what's involved if you choose to become a project participant

Event Details

 Tuesday 24 March 10am-12pm


 The Supper Room, Springvale Town Hall, Springvale

Bookings essential by Thursday 5 March

Please advise us of any dietary requirements or if you need interpreting services on the day.

To book or for any questions, contact:

Tracey Macleod or Dionyy Penketh

 Phone: 8571 5556

 Email: positiveageing@cgd.vic.gov.au



Dilnaz

Connector
Board Member
Health Advocate
Justice Advocate
Volunteer
Positive Influencer
Wife
Mother

Photo: Chris Franklin
Workshop: Whitehorse City Council
Initiative: celebrateageing.com/TheBiscuitTin



The Biscuit Tin workshop is an initiative of Celebrate Ageing Ltd, a charity combating ageism and building respect for older people. Visit the project webpage: celebrateageing.com/thebiscuittin.

Advance Care Planning

National Advance Care Planning Week

16 – 22 MARCH 2026

Advance care planning is the process of choosing future health care and medical treatment options. It gives you the opportunity to think about, discuss and record your preferences. Advance care planning helps to ensure your loved ones and health providers know what matters most to you if you were to become seriously ill and unable to communicate your preferences or make treatment decisions.

Why it's important

Advance care planning benefits everyone: you, your family, carers and health professionals.

- It helps to ensure you receive the care you actually want
- It improves ongoing and end-of-life care, as well as personal and family satisfaction
- Families of people who have undertaken advance care planning have less anxiety, depression, stress and are more satisfied with their care.
- For healthcare professionals and organisations, it reduces unnecessary transfers to acute care and unwanted treatment.



Planning is for everyone

Everyone should consider advance care planning, regardless of your age or health. Ideally, you should start planning when you're healthy, before there's an urgent need for a plan. It is particularly important if you:

- are older
- have a chronic illness
- have multiple diseases
- have an early cognitive impairment
- are approaching the end of your life

Morning Tea

Join us at Springvale Community Hub for a morning tea and presentation on how advance care planning gives you the opportunity to think about, discuss and record your preferences for the type of care you would like to receive. It also helps to ensure your loved ones and health providers know what matters most to you. For more information on how to book visit page 8.

**Phone the free National Advance Care
Planning Support Service
1300 208 582
advancecareplanning.org.au**

Drum Theatre



Encore Program

Starting in February, Community Transport will offer door-to-door transport to the popular Encore sessions at Drum Theatre as part of our Day Trip program.

The Encore Program is where inspiring theatre creates lasting memories in a relaxed morning outing for all to enjoy. Enjoy unforgettable shows, warm company, and a touch of hospitality.

Here's what to expect:

Pick-up: From your home between 8:30am – 9:15am

Arrival: Drum Theatre by 9:30am for a delightful morning tea

Showtime: Performance begins at 10:30am and runs for 75 minutes

Return: Bus departs 12:15pm for your trip home.

Cost:

- Transport: \$5.60
- Tickets:
 - o Full Price: \$25
 - o Member Price: \$20
- Morning tea included!

How to book

You will continue to find the Encore show and Transport listed with our day trips, contact us on the Bookings open day to register. Payment is required through the Drum Theatre for the show.

Please note seats are limited.

Thursday 19 February

A Morning of Classic Big Band Swing with the B# Big Band



Thursday 19 March

The Australian Barbra Streisand Show

For more information call the Box Office on **8571 1666** or visit **drumtheatre.com.au** for more details.

Seniors Day Trips

Bookings open Tuesday 20 January at 9am

For 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

Broughton Hall Jindivick

The garden at Broughton Hall has six acres of terraced gardens overlooking the Tarago Reservoir. A fantastic view of the Great Dividing Range. **Please note this event requires lots of walking and stairs.**

Tuesday 3 February

Depart: 9am Return: 3pm

Transport: \$15.80 (inc GST)

Admission: \$25

Lunch: The Old Bakehouse, Neerim South or BYO



Queenscliff Ferry 1

Join us on the Searoad Ferries 40 minute trip from Sorrento to the seaside destination of Queenscliff on the Bellarine Peninsula. Lunch is available for purchase at Queenscliff Harbour Fish and chips.

Friday 6 February

Depart: 8.30am Return: 4.30pm

Transport cost: \$24 (inc GST)

Admission: \$36

Lunch: Purchase at cafe or BYO



Arcobar Heatherton

A light-filled and open plan-design overlooking a private park and finding inspiration from fresh Australian produce, Arcobar focuses on delicious, hearty and fulfilling food. Vegan & Gluten Free options available. You can even visit the Lindt Chocolate shop on the return journey.

Monday 9 February

Depart: 11.30am Return: 3pm

Transport cost: \$6.50 (inc GST)

Admission: Free

Lunch: Meals start at \$22. No BYO option



Walhalla Goldfields Railway

Take a train ride with Walhalla Goldfields Railway through the spectacular Stringers Creek Gorge, and across the historic Thomson River Bridge to arrive at Thomson station to await the return journey to Walhalla.

Wednesday 11 February

Depart: 7.30am Return: 4pm

Transport cost: \$24 (inc GST)

Admission: \$30 return ticket

Lunch: Purchase at cafe or BYO



Seniors Day Trips



Queenscliff Ferry 2

Join us on the Searoad Ferries 40 minute trip from Sorrento to the seaside destination of Queenscliff on the Bellarine Peninsula. Lunch is available for purchase at Queenscliff Harbour Fish and chips

Tuesday 17 February

Depart: 8.30am Return: 4.30pm

Transport cost: \$24 (inc GST)

Admission: \$36

Lunch: Purchase from cafe or BYO



Encore at The Drum

A Morning of Classic Big Band Swing with the B# Big Band. Join us at The Drum for a relaxed morning outing of unforgettable shows, warm company and a touch of hospitality.

Thursday 19 February

Pick up from home starting 8.30am. Return to home starting 12.15pm.

Transport cost: \$5.60 (inc GST)

Admission: Full price \$25, Member \$20

Lunch: Simple morning tea provided

Gulf Station Historic Farm Yarra Valley

Visit Gulf Station and learn what life was like for a family living on the land in nineteenth century Australia. Gulf Station is one of the oldest and most intact examples of a pioneer farm.

Thursday 19 February

Depart: 9am Return: 3pm

Transport cost: \$24 (inc GST)

Admission: \$20

Lunch: Purchase from cafe or BYO



Rickett's Point Beaumaris

An iconic and unique venue situated on the Rickett's Point foreshore offering contemporary food. Located on a Marine Sanctuary there are often sightings of dolphins, pelicans and black swans, along with unparalleled views of Port Phillip Bay.

Tuesday 24 February

Depart: 11am Return: 2pm

Transport cost: \$6.50 (inc GST)

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

Arts Centre Melbourne Tour

Step beneath the city's iconic spire and discover the rich history, striking architecture and interior design of Hamer Hall and the Theatres Building. Please wear comfortable shoes, as this tour involves standing and walking.

Thursday 26 February

Depart: 9.45am Return: 2.30pm

Transport cost: \$15.80 (inc GST)

Admission: \$25

Lunch: Food Court at Southgate or BYO



Seniors Day Trips



Steavenson Falls and Bruno's Art and Sculpture Garden

First stop is Steavenson Falls, a short walk to view one of the most spectacular waterfalls in Marysville. We then move on to a guided tour of Bruno's Art and Sculpture Garden.

Monday 2 March

Depart: 8am Return: 4pm

Transport: \$24 (inc GST)

Admission: \$10

Lunch: Purchase at Marysville Bakery or BYO

Earthly Pleasures Cafe Belgrave

Dine in a historic building which was previously the home and surgery of Dr Elef Jorgensen in the 1930s. Indoor and outdoor dining available.

Thursday 5 March

Depart: 11.30am Return: 2.30pm

Transport cost: \$10.60 (inc GST)

Admission: Free

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



Ballarat Begonia Festival

The Ballarat Begonia Festival showcases over 500 varieties of grown and nurtured begonias with many that are a part of unique and rare collections, the rarest in the Southern Hemisphere.

Tuesday 10 March

Depart: 8am Return: 4.30pm

Transport: \$24 (inc GST)

Admission: Free

Lunch: Purchase at cafe or BYO

Melbourne Zoo

Now containing more than 320 animal species from Australia and around the world. Popular exhibits include the Butterfly House, the Reptile House, the Great Flight Aviary, Wild Sea, Treetop Apes and Monkeys and Lion Gorge.

Wednesday 11 March

Depart: 8.30am Return: 3pm

Transport cost: \$24 (inc GST)

Admission: Adult \$55 Senior \$49

Lunch: Purchase at cafe or BYO



Mount Dandenong Hotel

Situated in the heart of Victoria's Dandenong Ranges and nestled below majestic mountain gums in the quaint town of Olinda. Seniors menu available.

Friday 13 March

Depart: 11am Return: 3.30pm

Transport cost: \$10.60

Admission: Free

Lunch: Meals start at \$25, Seniors menu available. No BYO option

Seniors Day Trips



Advance Care Planning Morning Tea

Join us at Springvale Library for a morning tea and presentation on how advance care planning gives you the opportunity to think about, discuss and record your preferences for the type of care you would like to receive and helps to ensure your loved ones and health providers know what matters most to you.

Tuesday 17 March 10am-12pm

Springvale Community Hub

5 Hillcrest Grove, Springvale

Free morning tea



Puffing Billy

All aboard Australia's favourite steam train, Puffing Billy, located in the heart of the Dandenong Ranges. We will depart from Belgrave and stop off at Lakeside where you will be able to enjoy the sights before the return trip to Belgrave.

Wednesday 18 March

Depart: 8.15am Return: 2.30pm

Transport cost: \$15.80 (inc GST)

Admission: Adult \$64, Concession \$51

Lunch: Purchase at cafe or BYO



Encore at The Drum

The Australian Barbra Streisand Show. Join us at The Drum for a relaxed morning outing of unforgettable shows, warm company and a touch of hospitality.

Thursday 19 March

Pick up from home starting 8.30am. Return to home starting 12.15pm.

Transport cost: \$5.60 (inc GST)

Admission: Full price \$25, Member \$20

Lunch: Simple morning tea provided



The Biscuit Tin Information Session

Join us for information about The Biscuit Tin project. Find out what it's all about and see if you'd like to be part of this initiative. See page 2 for more information.

Tuesday 24 March 10am-12pm

Supper Room, Springvale Town Hall

5 Hillcrest Grove, Springvale

Free morning tea



Coombe Yarra Valley

Once the home of world famous opera singer Dame Nellie Melba, Coombe Yarra Valley is situated amongst seven acres of stunning gardens. A one-hour Garden tour includes Devonshire Tea. Please note: no entry to the house.

Wednesday 25 March

Depart: 9am Return: 3pm

Transport cost: \$24 (inc GST)

Admission: \$35

Lunch: Purchase at cafe or BYO



Seniors Day Trips



Seniors Afternoon Dance

Come and join us at Springvale Town Hall for an afternoon of singing and dancing with singer and entertainer Paul Hogan.

Thursday 26 March 1-3pm

Admission: \$5

Springvale Town Hall, 5 Hillcrest Grove Springvale

Simple afternoon tea provided



Grants on Sherbrooke Lunch

See some of Australia's beautiful native birds alongside amazing forest views. The tastiest meals and sweet treats are available in vegan, gluten free and vegetarian.

Friday 27 March

Depart: 11.30am Return: 3pm

Transport cost: \$10.60 (inc GST)

Admission: Free

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



Shopping Centre Trips

Doncaster

Wednesday 4 February

The Glen

Friday 20 February

Karingal Hub

Friday 13 March

DFO Moorabbin

Tuesday 24 March

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.



Creative Art Series

Take time for yourself with a series of creative, hands-on workshops designed especially for seniors looking to recharge, connect and learn something new.

Sri Lankan Tea & Paint

Sip tea, paint and unwind in this relaxing creative session inspired by Sri Lankan culture. Explore your artistic side through guided painting, perfect for all skill levels.

Springvale Library

Tuesday 13 January 10.30am - 12pm

Portrait Drawing

Join artist Ariel De Ramos for a hands-on portrait drawing workshop. Learn key techniques to capture facial features and expressions, and bring your portraits to life.

Keysborough Community Hub

Tuesday 20 January 10.30am - 12pm

Polymer Clay Creations

Get creative with polymer clay. This beginner-friendly workshop will guide you through the process of shaping and designing your own unique clay creations.

Dandenong Library

Tuesday 27 January 10.30am - 12pm.

Arabesque Embroidery

Bring your design to life by transferring motifs onto a cotton bag, then adding texture and colour through hand embroidery. A simple, creative way to personalise your own textile piece.

Springvale Library

Tuesday 3 February 10.30am - 12.30pm

BITE Into Your Library. Belong. Interact. Try. Explore.

Welcome to the newly opened Keysborough Library Lounge. This bite-sized series is a perfect way to explore what's available: the following events will be at the **Keysborough Community Hub only**.

Coffee Club Sampler

Join us for a chat over a cup of coffee or tea. Staff will be available to help you select some new reads from our extensive library collection.

Monday 2 February 11.30am - 12.30pm

Book Speed Dating

Fall in love with your next read. Sample the first few pages, ditch the duds and discover surprise favourites. It's speed dating, but for books. Come curious; leave with a list of literary crushes.

Monday 11 February 10.30am - 11.30am

Kwabo Dance Workshop

Move, connect, and celebrate through dance in this high-energy workshop by Kwabo Events. Designed to uplift and inspire; it's a joyful exploration of rhythm, movement and community, open to all skill levels.

Saturday 14 February 10am - 11am

Dried Flower Resin Art

Create your own eco-friendly resin case using plant-based materials and sustainably-sourced dried flowers. This hands-on workshop is perfect for nature lovers and crafters. No experience needed, all materials provided.

Thursday 19 February 10.30am - 12pm

**For more information on any of these programs please contact
1300 630 920 or cgdlibraries@cgd.vic.gov.au**

Classes

TAI CHI THURSDAYS

Experience meditation in motion.
10.45am every Thursday starting 29 January 2026 at
Cooinda Centre, 587 Springvale Road, Springvale.
All skill levels are welcome. Class Fee: \$6.10 (inc GST)



Bookings are essential as places are limited. Call the Positive Ageing team on 8571 5556 or email positiveageing@cgd.vic.gov.au



LINE DANCING CLASSES

EVERY WEDNESDAY

**COOINDA CENTRE 587
SPRINGVALE ROAD,
SPRINGVALE STH**

10-11.30AM

**CLASS FEE:
\$6.10 (INC GST)**

THESE CLASSES ARE BEGINNER
FRIENDLY.
PLEASE WEAR COMFORTABLE
ENCLOSED SHOES
CONTACT POSITIVE AGEING ON
8571 5556 TO BOOK

CLASSES START 27 JANUARY









BOOKINGS 8571 5556

**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.**

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