

Living Well

POSITIVE AGEING IN GREATER DANDENONG

Highlights in this issue

- Local Walking Trails
- Positive Ageing Gentle Exercise Weekly Classes
- Falls prevention program
- LiveUp healthy ageing resource
- Seniors Day Trips
- Older Person's Advocacy Network

April - May 2026

Autumn brings gentle sunshine and crisp air, perfect for getting outside. Stroll through parks and admire the vibrant reds, golds, and oranges that make this season so special.

See inside for plenty of ideas to get active this Autumn. We review some of our local walking trails and you'll find indoor and outdoor Positive Ageing gentle physical activity programs to keep you moving.

Steady and Strong

Preventing falls and injuries is the best thing you can do to maintain your mobility and independence. We've all heard the saying 'use it or lose it'. Using our muscles helps keep them active and strong. But sometimes pain or stiffness can limit our efforts. It's important to work gently with our bodies and not push it too far in frustration.

Steady and Strong is a 4-week program with a physiotherapist to teach you exercises you can do to maintain your strength and balance. The program is designed to help individuals from a broad range of mobility and fitness levels.

Pickleball

Have you ever heard of 'Pickleball'? Maybe you know exactly what it is, but haven't yet had a chance to try it.

Pickleball is a fusion of ping pong, badminton and tennis. It's easy to learn, loads of fun and very addictive! We have searched far and wide to find some instructors, and we are pleased to offer a "Introduction to Pickleball" session that will give you all the knowledge and confidence to play one of the fastest growing sports in the world.



Getting Active Outdoors



Rediscover the beauty of Autumn outdoors

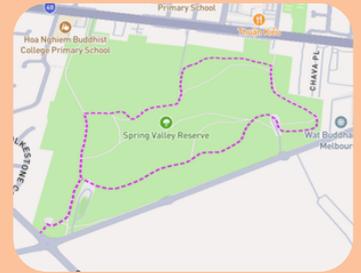
Greater Dandenong has more than 50 local parks to walk, rest and picnic in. Many of these parks have mixed facilities that make them perfect to visit with families and children.

Some local parks have short walking paths that give you a chance to move around in the green space. For a longer walk, we recommend visiting one of our beautiful walking trails.

Here are five of our local parklands that are perfect for getting you out involved in the great outdoors. We've tested them out for accessibility, interest and facilities. You can see these features summarised in our review.

Dandenong Wetlands

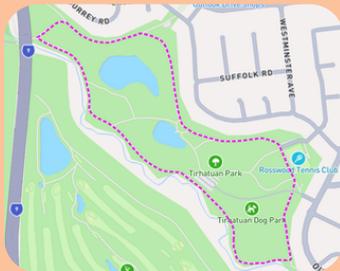
- Excellent parking
- Concrete and gravel pathways
- Toilets
- Drinking Water
- Wildlife



Stud Road,
Dandenong

Tirhatuan Park

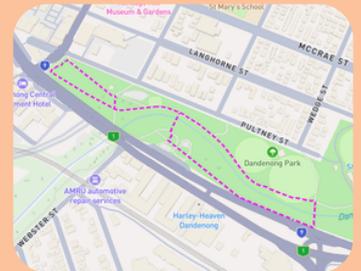
- Excellent parking
- Paved and gravel pathways
- Toilets
- Drinking Water
- Wildlife



Kriegel Way,
Dandenong North

Dandenong Park

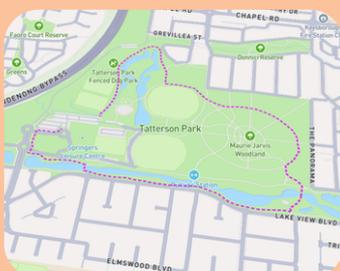
- Good parking
- Paved and gravel pathways
- Toilets
- Drinking Water
- Historical installations



Pultney Street,
Dandenong

Tatterson Park

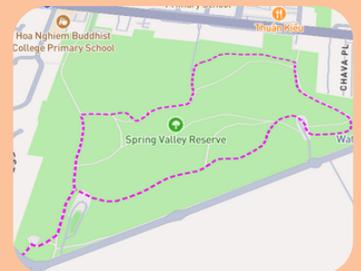
- Excellent parking
- Paved and gravel pathways
- Toilets
- Drinking Water
- Wildlife



Cheltenham Road,
Keysborough

Spring Valley Reserve

- Very good parking
- Gravel pathways
- Toilets
- Drinking Water
- Sunny, open spaces



Clarke Road,
Springvale South

Positive Ageing Gentle Exercise



Weekly Classes

Line Dancing Wednesdays 10am

A fun way to move your body. For beginners and intermediate skill levels. Learn new dance steps and full dance combinations. A very popular program.

Tai Chi Thursdays 10.45am

The ultimate in gentle exercise. You'll move your body at your own pace with guided Tai Chi techniques that will help improve balance, coordination and overall mind-body wellness. Standing and chair assisted.

ParkFit Seniors Fridays 9.30am

Outdoor exercise program on purpose-built seniors exercise park. Transport from Noble Park Aquatic Centre and guided program with trained staff. Alternate indoor program for wet weather.

Fees apply - to enquire or book please call 8571 5556 or email positiveageing@cgd.vic.gov.au

ParkFit Seniors

Join us for one hour of exercise on outdoor equipment.



Improve:

- Balance, strength and coordination
- Functional movement
- Joint range and mobility



Fridays

24 April - 26 June

Transport from
Noble Park Aquatic
Centre

Depart: 9.30am
Return: 11.30am

Cost: \$7.60
per session

**Bookings are
essential**



8517 5556



positiveageing@cgd.vic.gov.au

Maintaining an active mind and body



SYDNEY
WRITERS
FESTIVAL



City of Greater Dandenong Libraries will be joining the **Sydney Writers' Festival: Live & Local**, Australia's largest celebration of books, ideas, and conversation.

Enjoy an engaging and thought-provoking session featuring leading authors and thinkers, streamed live to your local library. This event is perfect for anyone who enjoys reading, learning, or listening to great stories and ideas.

Friday 22 May

2pm-3pm

**Keysborough
Community Hub**

You can make your own way to the library, or Community Transport is offering limited door-to-door transport as part of our Day Trip Program for an additional fee. Bookings essential.

No interstate travel required! Simply settle in, enjoy the conversation, and share the experience with others in your community.

Here's what to expect:

Pick-up: From your home between 12.15pm-1.30pm

Arrival: Keysborough Community Hub by 1.45pm

Showtime: Live Screening begins at 2pm and runs for 50 minutes

Return: Bus departs 3pm for your trip home.

Cost:

• Transport: \$5.60

• Tickets: Free

• Tea and coffee included



Join us for a guided introduction

Tuesday 14 April, 1pm-4pm

\$7 per person

Transport available for extra fee - limited places

Rowville Community Centre
40 Fulham Road, Rowville

**BOOKINGS
ESSENTIAL**

 **Greater
Dandenong**

 8571 5556

Have you ever wanted to try

PICKLEBALL?

Pickleball is a fusion of ping pong, badminton and tennis. It's easy to learn, loads of fun and very addictive!

 positiveageing@cgd.vic.gov.au

LiveUp - Free Resource



If you're ready to throw out tired stereotypes about ageing, try new interests, or take up some old ones, LiveUp can help you get started.

Learn what you can do when you LiveUp at liveup.org.au.

LiveUp is a free healthy ageing guide funded by the Australian Department of Health and Aged Care, designed to help you stay independent and socially connected as you get older.

The LiveUp website is packed with impartial information and resources, helpful product suggestions, and local activities and groups to help you take control of how you're ageing.

If you prefer to speak to someone over the phone, LiveUp offers a free and confidential Navigation service to help you understand and explore your healthy ageing options.

For more information please call 1800 951 971 or email support@liveup.org.au.

5 simple ways to age well

with Hilary O'Connell



Hilary O'Connell is an occupational therapist with over 40 years of expertise in helping people age well.

1 Start small: It's never too early or too late to begin your healthy ageing journey. Start by taking small steps and gradually build on your progress.

2 Exercise your brain and learn something new: There's no end to what you can learn. Challenge your mind with a new hobby, skill, or interest.

3 Connect with like-minded people: Join a club or group. There's one for almost anything you can think of.

4 Movement is medicine: Do more movement than you did yesterday. Gradually increase your physical activity each day, even if it's just a little more than the day before.

5 Sort out your sleep: Our brains self-clean and repair while we sleep. It's important to get 7 to 8 hours of sleep each night.

Community Education presentation coming up in June



Discover the upside of ageing
liveup.org.au



liveup.org.au

 1800 951 971

 support@liveup.org.au

 LiveUpAus

Steady and Strong

Falls prevention

4-week program for Seniors

Maintain independence and mobility

- Gentle balance and strength exercises
- Physiotherapist-led education and resources
- Small, supportive classes



Mondays 10am-11am

20, 27 April and 4, 11 May

Cooinda Centre, 587 Springvale Road,
Springvale South

\$15.20 per week

Door-to-door transport is available for an additional fee



☎ 8571 5556

✉ positiveageing@cgd.vic.gov.au

Seniors Day Trips

Bookings open Tuesday 17 March 2026 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

Tesselaar Kabloom

Enjoy the breathtaking splendour of millions of flowers across 12 acres of plantings in the Dandenong Ranges. Capture the perfect memory amid the blooms with special photo paths and pockets.

Wednesday 1 April

Depart/Return: 9.15am-2pm
Transport cost: \$15.80 (inc GST)
Admission: Concession \$22.50
Lunch: Purchase at cafe or BYO



Arthurs Seat Eagle and Rocky Creek Strawberry picking

Experience the stunning views at Arthurs Seat. You can choose to take the return 30-minute Gondola ride or stay at the top. We then head to Rocky Creek for some strawberry picking and fabulous food in the cafe.

Wednesday 8 April

Depart/Return: 9.30am-2.30pm
Transport cost: \$15.80 (inc GST)
Gondola Return Ride Adult: \$32.50, Concession \$30.50
Lunch: Purchase at cafe or BYO

Home Hotel Launching Place Lunch

Established in the mid-1800s, the Home Hotel is nestled in the heart of the picturesque Yarra Valley. The Hotel offers a menu featuring beloved pub classics alongside a range of lighter, smaller meals to suit every appetite.

Friday 10 April

Depart/Return: 11am-3pm
Transport cost: \$10.60 (inc GST)
Admission: Free
Lunch: Meals start at \$20



Como House and Garden

Known as the "white house on the hill" Como House was built in 1847. Join us for a tour of the house, also view the gardens and explore the gift shop.

Tuesday 14 April

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

Seniors Day Trips



Pickleball

Join us at Rowville Community Centre for a guided introduction to the fun of pickleball. Volunteers from the local racquet club will teach you all you need to know to play this extremely popular sport.

Tuesday 14 April

Start/Finish: 1pm-4pm

Admission: \$7

Transport: optional - limited places - please request seat when booking

\$7.90 (inc GST). Depart/return Noble Park Aquatic Centre 12.30pm-4.30pm

Tea and coffee provided

Encore Program - Music Through the Decades

Get ready to be swept away by iconic melodies from Rock n Roll, Country, Cabaret, Disco, Radio Pop and more, paired with show-stopping dance routines and dazzling costumes.

Thursday 16 April

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

Light morning tea provided



Queen Victoria Market

Discover fresh and specialty produce, handmade and unique products, great food and coffee.

Monday 20 April

Depart/Return: 9am-2pm

Transport cost: \$15.80 (inc GST)

Admission: Free

Lunch: Purchase at cafe or BYO

Williamstown Ferry

A river cruise is one of the best ways to experience the city from a different vantage point. Join us on the Williamstown Ferry where we depart from Southbank and arrive at Williamstown one hour later.

Wednesday 22 April

Depart/Return: 9.15am-3pm

Transport cost: \$15.80 (inc GST)

Admission: Adult \$35, Concession \$32

Lunch: Purchase at cafe or BYO



Gumbuya World Seniors Day

Come and enjoy a great day at Gumbuya World where you will meet some roaming wildlife, experience the Wildlife Trail and Free-Flight Bird Show. Included is a self-serve lunch with dessert.

Friday 24 April

Depart/Return: 10am-3pm

Transport: \$15.80 (inc GST)

Admission: \$39 includes lunch and bird show

Lunch: Self-serve lunch with dessert

Seniors Day Trips



Shane Warne Tribute. Warne - Treasures of a Legend

Visit the Australia Sports Museum at the MCG to view a special exhibition celebrating Shane Warne, with personal items and memorabilia carefully annotated by the legend himself.

Monday 27 April

Depart/Return: 9am-2pm

Transport: \$15.80 (inc GST)

Admission: Adult \$37, Concession \$25

Lunch: Purchase at cafe or BYO



Healesville Hotel Lunch

Located in the centre of town, Healesville Hotel has the cosy, old-world vibes that serves the classic pub favourites.

Wednesday 29 April

Depart/Return: 11am-3pm

Transport: \$10.60 (inc GST)

Admission: Free

Lunch: Meals start from \$25



Falls prevention 4-Week Program

A qualified Physiotherapist will explain the importance of exercise as we age, strategies to prevent falls, incidental exercise to do at home and how to get up off the floor in the event of a fall. Limited places.

Mondays 20, 27 April and 4, 11 May

Depart/Return: 10am-11am

Transport: Limited places, door-to-door transport \$5.60 (inc GST) return

Admission: \$15.20

Lunch: Not included



Old Melbourne Gaol - Life in the City Watch House

Discover what it's like to "have the book thrown at you" in this interactive experience like no other. With a "Charge Sergeant" as the guide, visitors are "arrested" and encounter what it is like to be locked up in the Old City Watch House.

Tuesday 5 May

Depart/Return: 10am-3pm

Transport: \$15.80 (inc GST)

Admission: Adult \$38, Concession \$30 City Watch House Tour \$5

Lunch: Purchase at cafe or BYO



Proserpina Bakehouse Lunch

Join us for a delightful lunch at this beautiful, light-filled organic bakery nestled in the picturesque town of Sassafras.

Monday 11 May

Depart/Return: 11.15am-2.30pm

Transport: \$10.60 (inc GST)

Admission: Free

Lunch: Meals start at \$15





Seniors Day Trips



Beleura House

Discover a personal story amidst the many household items, artefacts and collection of a life lived in residence at Beleura over 48 years. Entry includes guided house tour and morning tea.

Thursday 14 May

Depart/Return: 9am-1.30pm

Transport: \$15.80 (inc GST)

Admission: Adult \$50, Concession \$43

Lunch: Morning tea only for this event

Old Cheese Factory Berwick Lunch

Join us for lunch at Little by Little Cafe located at the Old Cheese Factory Berwick. Featuring the 1860's historic Springfield Homestead, Cheese factory and Kitchen Wash House, the Old Cheese Factory stands as a tall reminder of Australia's early colonial history.

Wednesday 20 May

Depart/Return: 11.30am-2.30pm

Transport: \$6.30 (inc GST)

Admission: Free

Lunch: Meals start at \$15



Encore Program - Dance from Dusk to Dawn

An exhilarating, captivating program with a remarkable and varied selection of new and original classical and contemporary dance. This show features segments from the iconic classical "Midsummer Night's Dream".

Thursday 21 May

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

Light morning tea provided



Sydney Writers' Festival - Live Screening

Join us at Keysborough Community Hub for a free livestream screening from Sydney Writers' Festival: Live & Local, Australia's largest celebration of books, ideas, and conversation. Session details to be confirmed by Sydney Writers' Festival.

Friday 22 May

Pick up from home starting 12.15pm. Return to home starting 3pm.

Transport cost: \$5.60 (inc GST)

Admission: Free

Tea and coffee provided



Upcoming Events

- Seniors Afternoon Dance - June
- Seniors Festival - October
- Living Well Seniors Expo - October
- Centenarian Event - October

Older Persons Advocacy Network



Call our Aged Care Advocacy Line

1800 700 600 | opan.org.au

OPAN is a fantastic resource designed to help you stay informed and supported in your aged care journey.

There is a lot of information online, as well as a phone number to call for help and advice.

The website has downloads and educational videos to help you understand the new Aged Care legislation.

The Statement of Rights

The Statement of Rights clearly identifies your rights when seeking or receiving aged care services. Under the Aged Care Act 2024, your provider and aged care workers are legally obliged to deliver services in line with these rights.



Autonomy and freedom of choice

I have the right to make my own choices – about my care, relationships, lifestyle and taking risks – with support if I want it.



Equitable access

I have the right to have my needs assessed in a way that works for me including having my cultural background, past trauma or cognitive conditions, such as dementia, respected.



Safe, quality care

I have the right to be treated with dignity and respect by experienced aged care workers who value my identity, culture, spirituality and diversity.



Privacy and confidentiality

I must have my privacy respected and my personal information kept confidential, and be in control of who this information is shared with.



Communication and complaints

I have the right to be informed in a way I understand and to raise concerns without fear of reprisal. My feedback must be dealt with fairly and promptly.



Support and social connections

I can stay connected to important people, pets and culture including independent advocates. As an Aboriginal or Torres Strait Islander I can stay connected to Country and Island Home.



For free, confidential and independent support call the Aged Care Advocacy Line
1 800 700 600



Who we are:

The Older Persons Advocacy Network (OPAN) is made up of nine state and territory network member organisations.

Our professional advocates help you to work through any issues you may be experiencing with your aged care.



Support:

Free, independent and confidential advocacy support with aged care issues.



Information:

Information about your rights and the aged care options that are available to you.



Education:

Free education sessions and e-Learning for you and community groups online or in person.



Visit opan.org.au for more information or scan the QR code

**If you would like a copy of this newsletter, 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

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