

Living Well

POSITIVE AGEING IN GREATER DANDENONG

Highlights in this issue

- World Elder Abuse Awareness Day
- LiveUp Morning Tea and Presentation
- Seniors Afternoon Dance online ticket booking information
- Chronic Pain Forum
- Seniors Day Trips

June - July 2026

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 happen once or repeatedly, and may range from subtle behaviours to severe harm. 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





Seniors Afternoon Dance

Tuesday 9 June 1pm - 3 pm

New Booking System

Less time queueing - more time dancing!

Our new online booking system will make it simpler and easier for group organisers, and quicker for dance entry on the day.

You will still be able to book as a group, and table placements will be similar to previous dances.

Scan the QR code with your phone to go to our online booking page. If you need help, our friendly staff will be able to assist you to learn the online booking system.

Bookings are essential



Scan code to book tickets

Springvale City Hall - 5 Hillcrest Grove, Springvale

All day parking at the back of the hall



8571 5556



positiveageing@cgd.vic.gov.au

Visit our What's On page for dance bookings and other Positive Ageing events: <https://www.greaterdandenong.vic.gov.au/connection-seniors>





LiveUp Healthy Ageing Morning Tea and Information Session

Friday 12 June 10am -11am

Join us at **Springvale Community Hub** for morning tea and to learn how to use the LiveUp website.

LiveUp is a free website funded by the Australian Department of Health and Aged Care. It has many resources tailored specifically for older Australians. Guest presenter John from LiveUp will explain the program, website and resources.

You can find:

- strength and exercise activities
- social activities in your area
- information about assistive products
- everyday tips to age well
- articles
- resources for navigating life changes such as beginning retirement, grieving, preparing for grandchildren, downsizing

Bookings essential
Call or email to book or enquire



8571 5556



positiveageing.cgd.vic.gov.au

Chronic pain

Chronic pain is pain that lasts longer than three months, or longer than the expected recovery period following an injury or surgery. It is also commonly referred to as persistent pain.

For some people, pain may gradually ease after six months. For others, it can continue with no clear end in sight. Chronic pain is a complex condition that may develop after surgery, illness, or injury, and it can also be linked to age-related changes and wear within the body.

People of all ages and backgrounds can experience chronic pain, although it is more common among those living with age-related conditions such as arthritis.

What can you do?

Chronic pain is managed rather than cured, and it is essential that you seek medical guidance if you are experiencing ongoing pain.

Treatment of chronic pain is complex and usually requires an integrative approach. Treatment may include a combination of the following:

- Physical therapy or strengthening exercises
- Prescription medications
- Massage, acupuncture, chiropractic care or yoga
- Psychological therapy
- Surgery or medical devices
- Improving diet, sleep and exercise habits



Chronic Pain Forum

Wednesday 29 July 10am-12pm

Noble Park Community Centre,
Memorial Drive Noble Park

Noble Park Community Centre



9547 5801



info@nobleparkcc.org.au



Greater
Dandenong



8571 1000



DisabilityInclusion@cgd.vic.gov.au

Chronic Pain Support Group

Are you affected by chronic pain? Join our peer support group and connect with new people and share stories. Sessions will include occasional speakers nominated by the group. This event is suitable for ages 16+

Third Thursday of the Month

4pm-5.30pm

Springvale Library - 1300 630 920

5 Hillcrest Grove, Springvale



Greater
Dandenong

Libraries



Seniors Day Trips

Bookings open Tuesday 19 May 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

Moorabbin Air Museum & Flight Deck Bar & Grill

The Moorabbin Air Museum has one of the most significant collections of aircraft and engines in Australia. Enjoy access to a number of aircraft on display, interact, and experience life as a Military, Naval or Civilian pilot. Afterwards enjoy lunch at Flightdeck Bar & Grill.



Wednesday 3 June

Depart/Return: 10.30am-2pm
Transport cost: \$10.60 (inc GST)
Admission: Adult: \$10, Concession \$7
Lunch: Purchase at cafe, meals start from \$20

Seniors Afternoon Dance



Join us with Steve for an afternoon of singing, dancing and memories of the good old times.

Tuesday 9 June

Start/Finish: 1pm-3pm
Admission: \$5
Location: Springvale City Hall, 5 Hillcrest Grove, Springvale
Light afternoon tea provided

Encore Program - Seventh Wonder performs Fleetwood Mac

Enjoy a heartfelt, acoustic celebration of the music that defined generations. This special experience brings you the songs, the stories, and the voices that made Fleetwood Mac a global phenomenon.

Thursday 11 June

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



LiveUp Morning Tea and Presentation

Learn from a guest presenter from LiveUp on how to use the LiveUp website, a free service funded by the Australian Department of Health and Aged Care that offers helpful resources for older Australians.



Friday 12 June

Location: Springvale Community Hub, 5 Hillcrest Grove Springvale
Time: 10am - 11am
Admission: Free
Light morning tea provided

Seniors Day Trips

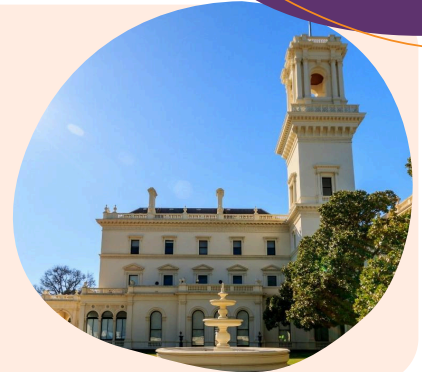


Government House Tour

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 15 June

Depart/Return: 9pm-2.30pm
Transport Cost: \$15.80 (inc. GST)
Admission: Free includes 90 minute guided tour
Lunch: Purchase at cafe or BYO



Dudley's Olinda

Dudley's restaurant offers a wide variety of Mediterranean style food with a modern twist. Choose from a variety of options including tapas, wood-fired pizzas, traditional pastas and hearty mains.

Monday 22 June

Depart/Return: 11.15am-2.30pm
Transport cost: \$10.60 (inc. GST)
Admission: Free
Lunch: Meals start at \$20. No BYO option

McClelland Gallery & Frankies Cafe Lunch

A unique, discovery based experience of iconic Australian art and sculpture in an open air environment of 16 hectares of natural bushland. One hour guided tour included.

We will stop at Frankies Cafe for lunch.

Wednesday 24 June

Depart/Return: 10am - 3pm
Transport cost: \$15.80 (inc.GST)
Admission: Concession \$6
Lunch: Frankies cafe meals start from \$20



The Groove Train lunch

Enjoy juicy flame-grilled steaks, handcrafted wood-fired pizzas, creamy pastas, nourishing salads, gourmet burgers, and a range of vegetarian and vegan options.

Tuesday 30 June

Depart/Return: 11.15am-3pm
Transport: \$10.60 (inc.GST)
Admission: Free
Lunch: Meals start at \$20

Museum of Chinese Australian History

Explore Chinese Australian history and culture in the museum. With the help of our friendly guides, you'll get to recreate life on the goldfields in the 1850s, discover three generations of Melbourne's processional dragons and learn about the diverse histories of migrants.

Friday 3 July

Depart/Return: 9am - 2pm
Transport cost: 2026/2027 fees to be determined
Admission: Adult \$14, Concession \$12
Lunch: Purchase at cafe or BYO



Seniors Day Trips



Billy's Kitchen Wantirna

Serving modern Australian cuisine, Billy's Kitchen offers a wide range of delicious options, including gluten-free and vegan choices.

Wednesday 8 July

Depart/Return: 11.30am-2.30pm

Transport: 2026/2027 fees to be determined

Admission: Free

Lunch: Meals start from \$20

Menzies Creek Museum

The historic museum covers a space of 1160 square metres and houses over 80 exhibits, including rare operational steam and diesel locomotives, carriages, a rail tractor and more.

We will then stop at Over the Road cafe Emerald.

Friday 17 July

Depart/Return: 10.00am-2.30pm

Transport cost: 2026/2027 fees to be determined

Admission: Free

Lunch: Purchase at cafe or BYO



Fat Chef Cafe

Fat Chef offers a complete dining experience with modern Australian cuisine. Come and indulge in a range of mouthwatering dishes crafted to satisfy your palate.

Thursday 23 July

Depart/Return: 11.30am - 2.30pm

Transport: 2026/2027 fees to be determined

Admission: Free

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

Sealife Aquarium

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

Tuesday 28 July

Depart/Return: 9am - 2pm

Transport: 2026/2027 fees to be determined

Admission: Adult: \$39 Concession: \$32

Lunch: Purchase at cafe or BYO



Rose Cottage Lunch Christmas in July

Come and join us at this hidden gem nestled in the Dandenong Ranges, Rose Cottage Monbulk. Enjoy a set two-course menu in a homely cottage setting.

Wednesday 29 July

Depart/Return: 11am - 3pm

Transport: 2026/2027 fees to be determined

Admission: Free


Lunch: \$40 two course set meal

**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

Follow us:

