

Living Well

POSITIVE AGEING IN
GREATER DANDENONG



Highlights in this issue

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- Positive Ageing Advisory Committee
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August - September 2026

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. The annual campaign empowers all adult Australians to be strong self-advocates for their own personal planning when it comes to their futures.

Talking about end-of-life issues in advance helps loved ones feel confident that they are keeping with a person's wishes.

Conversations can be had with parents, spouses or partners, adult children and other important people, so they know 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 phone 1300 002 262 or visit

<https://proveda.com.au/community-programs/dying-to-know-day/>

Get Involved



Positive Ageing Advisory Committee

The Positive Ageing Advisory Committee (PAAC) gives advice on policies, strategies and services that help older people stay included, connected and supported.

We are seeking expressions of interest from community members to join the Committee.

What's involved:

- Members can be residents or professionals with an interest in positive ageing
- Meetings are every two months
- This is a voluntary role.

Applications are now open.

To apply, visit our website and fill out an EOI form. For more information, contact Positive Ageing.



<https://www.greaterdandenong.vic.gov.au/positive-ageing-eoi>



8571 5556



positiveageing@cgd.vic.gov.au

Applications close 5pm, Friday 31 July 2026.

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 Monday 5 October.**

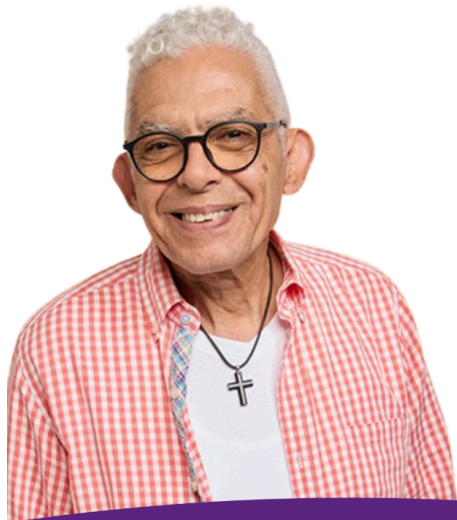
To be eligible the person must:

- 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.



Victorian Seniors Festival 2026



Living Well EXPO

Thursday 15 October,
10:00am – 12pm



Seniors
Carers
Families

Springvale Town Hall

Join us for a free 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.



**Greater
Dandenong**

Free community event

**CONNECT
CREATE
CELEBRATE**



**SOUTH-EAST
MONASH
LEGAL
SERVICE INC.**

Free Legal Services

South-East Monash Legal Service Inc provides free and confidential legal services across the south-east including the City of Greater Dandenong, Casey and Cardinia.

To make an appointment call 9545 7400 or 9038 8002.

You can attend an appointment in person, by telephone or by video conference.

Springvale Branch Address:

5 Osborne Avenue,
Springvale Vic, 3171

Ph: (03) 9545 7400

Email: info@smls.com.au

Narre Warren Branch:

Suite 1, Level 2, 64 Victor Crescent,
Narre Warren Vic, 3805

Phone: (03) 9038 8002

Email: info_narrewarren@smls.com.au

Seniors Afternoon Dance



Thursday 29 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



Victorian Concessions Booklet

The Victorian Government offers concessions to make essential services more affordable for low-income earners. Essential services include electricity, gas, water, and council rates. Concessions are also available for other services such as health, education and public transport.

This booklet provides information about different concessions available.

Different concessions may have different eligibilities, application

processes and contact details. Download the book at

[https://services.dffh.vic.gov.au/victorian-concessions-guide-discounts-](https://services.dffh.vic.gov.au/victorian-concessions-guide-discounts-and-services-word)

[and-services-word](https://services.dffh.vic.gov.au/victorian-concessions-guide-discounts-and-services-word) for more information or call 1800 658 521 for a copy to be sent to you.



Steady and Strong

Falls prevention

5-week program for Seniors

Maintain independence and mobility

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



Fridays 10am-11am

2,9,16,23 & 30 October

Cooinda Centre, 587 Springvale Road,
Springvale South

\$15.80 per week



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

☎ 8571 5556

✉ positiveageing@cgd.vic.gov.au



Get **20% OFF**
your rego



Heard about getting 20% off your registration but not sure how it applies to you?

Here's what you need to know.

- + Get 20% off your registration.
- + You must apply, it's not automatic.
- + Claim for up to two vehicles per person.
- + The vehicle must be registered in the claimant's name.
- + Eligible vehicles include cars, utes, vans, motorcycles, scooters and light trucks.
- + Pay your rego in instalments? You are still eligible for the 20% off.
- + Sole trader? If the vehicle is registered in your name, you are eligible.



Apply online through **Service Victoria**

Visit service.vic.gov.au/rego-rebate or
in the **Service Victoria app**

Victorian Government Contact Centre: **132 VIC**

For eligible vehicles registered in your name. T&Cs apply.

Seniors Day Trips

Bookings open Tuesday 21 July 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

Rippon Lea Mansion & Garden Tours

Rippon Lea is a large 19th century mansion surrounded by 7ha of Victorian pleasure gardens. Opened to the public for the first time in February 1974, visitors can see peacocks roaming the grounds while geese, swans and other water birds populate the lake.

House tour has many steps

Tuesday 4 August

Depart/Return: 9am-2pm

Transport cost: \$16.40 (inc GST)

Admission: Adult: \$30, Concession \$25 includes House & Garden tour

Lunch: Purchase at cafe or BYO



Encore Program - Victorian State Ballet presents Aladdin

A beloved tale reimagined, Aladdin dazzles with sumptuous costumes, breathtaking music and virtuosic choreography.

Thursday 6 August

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

Transport cost: \$5.80 (inc GST)

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

Light morning tea provided

Charlie's Auto Museum

Charlie's Auto Museum celebrates over 100 years of motoring history. With many vehicles on display, there's something for everyone — from rare classics and quirky microcars to motorcycles, petrol bowsers, memorabilia and more.

Wednesday 12 August

Depart/Return: 10am - 2pm

Transport: \$16.40 (inc.GST)

Admission: Adults: \$20, Concession \$15

Lunch: Purchase at Cafe or BYO



Oakleigh RSL Lunch

Come and enjoy the renovated Bistro for lunch – great atmosphere, great food. The Bistro has a varied menu with regular specials to try.

Thursday 13 August

Depart/Return: 11.30am - 2.30pm

Transport: \$6.70 (inc.GST)

Admission: Free

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

Seniors Day Trips



Melbourne Immigration Museum

Discover interactive exhibits in this 19th-century Old Customs House that explores migration journeys and personal stories of people who have come to live in Victoria.

Monday 17 August

Depart/Return: 9pm-2.30pm

Transport Cost: \$16.40 (inc. GST)

Admission: \$12

Lunch: Purchase at cafe or BYO



Cafe La Wheels Seaford Lunch

Step into a slice of nostalgia at this retro inspired, food truck style cafe and enjoy classic American diner style dishes - think fluffy pancakes, milkshakes, burgers and more - all served in a welcoming, community focused space.

Wednesday 19 August

Depart/Return: 11.30am-2.30pm

Transport cost: \$6.70 (inc. GST)

Admission: Free

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

Miss Mavis Cafe Lunch

A hidden gem in Heatherton, Miss Mavis Cafe offers a range of focaccia's, wraps, Parmas, burgers and Asian style dishes. A quick stop on the return trip at the Premium Chocolate Shop Braeside.

Tuesday 25 August

Depart/Return: 11.30am - 2.30pm

Transport cost: \$6.70. (inc.GST)

Admission: Free

Lunch: Meals start from \$20



Mornington Main St Market

Join us at Mornington Main St market where your shopping options are endless! Browse from the homemade crafts, home baked treats, home grown plants, produce and more. The Main St Market has been running for over 40yrs and is Victoria's longest running street market.

Wednesday 26 August

Depart/Return: 9.30am-2pm

Transport: \$16.40 (inc.GST)

Admission: Free

Lunch: Purchase at cafe or BYO



Royal Botanic Gardens Explorer Bus Tour

Discover the beauty of this inner-city oasis in the comfort of the open-air minibus. Admire rolling lawns and the stunning living collections.

Friday 4 September

Depart/Return: 9.30am-2.30pm

Transport cost: \$16.40 (inc.GST)

Admission: Concession \$12.50

Lunch: Purchase at cafe or BYO



Seniors Day Trips



Ginger Fox Cafe Lunch

Cosy cafe in Beaumauris serving all-day breakfast , gourmet sandwiches and more. Come and enjoy tasty, quality food in this picturesque bayside suburb.

Wednesday 9 September

Depart/Return: 11.15am - 2pm

Transport: \$6.70 (inc.GST)

Admission: Free

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

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 10 September

Depart/Return: 9am-2.30pm

Transport: \$16.40 (inc GST)

Admission: Adult \$50, Concession \$48

Lunch: Morning tea only for this event



Arcobar Cafe & Premium Chocolate Factory

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.

Tuesday 15 September

Depart/Return: 11.30am - 2.30pm

Transport cost: \$6.70 (inc.GST)

Admission: Free

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

Encore Program - Oh, What a Beautiful Mornin'

Step into the golden age of musical theatre with 'Oh, What a Beautiful Morning', a delightful Daytime Music & Theatre concert celebrating the songs of Rodgers, Hammerstein and Hart.

Thursday 17 September

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

Transport cost: \$5.80 (inc GST)

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

Light morning tea provided



Shrine of Remembrance Tour

Victoria's national memorial honouring the service and sacrifice of Australians in war and peacekeeping. Includes 45 minute tour.

Monday 21 September

Depart/Return: 10pm-3pm

Transport Cost: \$16.40 (inc. GST)

Admission: Concession \$15

Lunch: Purchase at cafe or BYO

Seniors Day Trips



Beach Bar Cafe Carrum Lunch

Cafe, bar, lounge seconds from the beach, chilled & relaxed atmosphere with family/pet friendly outdoor dining. Menu includes lunch, dinner and all-day breakfast.

Thursday 24 September

Depart/Return: 11.30am - 2.30pm

Transport: \$6.70

Admission: Free

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



Cruden Farm & Frankies Cafe Lunch

Enjoy a captivating 60-minute garden walking tour. Immerse yourself in the enchanting inner garden and rich history of this 100 acre estate followed by lunch at Frankies Cafe in Carrum Downs.

Tuesday 29 September

Depart/Return: 9.15am-2pm

Transport cost: \$16.40 (inc. GST)

Admission: Cruden Farm \$10

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

Shopping Centre Trips

Doncaster

Monday 3 August

The Glen

Friday 21 August

Southland

Tuesday 1 September

Eastland

Wednesday 23 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 \$8.20 per round trip.

Please contact the Positive Ageing team on 8571 5556 for more details.



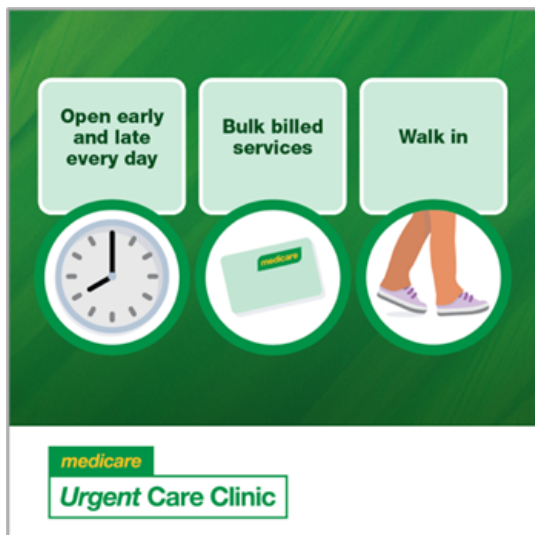
Medicare Urgent Care Clinics

If you need care for urgent but not life-threatening injuries or illnesses, you can visit a Medicare Urgent Care Clinic.

Urgent care is when you have an illness or injury that needs medical attention on the same day. It's when you can't wait for a GP appointment, but you don't need to visit the emergency department.

Medicare Urgent Care Clinics provide free, walk-in care – no referral or appointment needed.

Urgent medical care may include attending to minor fractures, sprains, minor infections, mild burns, respiratory illness, severe stomach pains or urinary tract infections.



Medicare Urgent Care Clinics are:

- ✓ Bulk billed, so services are free
- ✓ Walk-in, so you don't need an appointment or referral
- ✓ Open 7 days a week, early and late
- ✓ Staffed by GPs and nurses.

Local clinics:

Dandenong

Greens Medical Group, 1/134 Logis Boulevard, Dandenong South. 9579 7933

Frankston

1-3/49 Beach St, Frankston (supporting Frankston Hospital emergency department)

Narre Warren

60 Victor Cres, Narre Warren. 97710 2020

Mount Waverley

408 Huntingdale Rd, Mount Waverley. 8827 0740

Information about Medicare Urgent Care Clinics can be found on the Department of Health and Aged Care's website at health.gov.au/MedicareUCC.

**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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