

Living Well

POSITIVE AGEING IN
GREATER DANDENONG

Highlights in this issue

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November, December & January 2027

Healthy Ageing Habits for the New Year Ahead

A new year is a great opportunity to focus on small habits that can have a big impact on your health and wellbeing. Healthy ageing isn't about making dramatic changes. It's about taking simple, consistent steps to support your physical, mental, and social wellbeing.

Start by staying active in ways you enjoy. This can be walking, gardening, dancing, or joining a local exercise group. Regular movement helps maintain strength, balance and independence. Staying socially connected is just as important. Catching up with friends, joining a community group, or volunteering can boost mood and reduce feelings of isolation.

Good nutrition also plays a key role. Aim to enjoy a variety of healthy foods, drink plenty of water, and treat yourself in moderation. Don't forget to keep your mind active by reading, learning a new skill, completing puzzles or exploring a hobby.

Most importantly, be kind to yourself. Setting realistic goals and celebrating small achievements can help build confidence and motivation throughout the year.

Here's to a healthy, active, and connected year ahead. Every positive step, no matter how small, contributes to ageing well and living life to the fullest. 🌟

Money, Ageing and Family - Morning Tea and Information Session



Join us at **Springvale Community Hub** for morning tea and to learn about Seniors Rights.

Tuesday 24
November
10am -11am

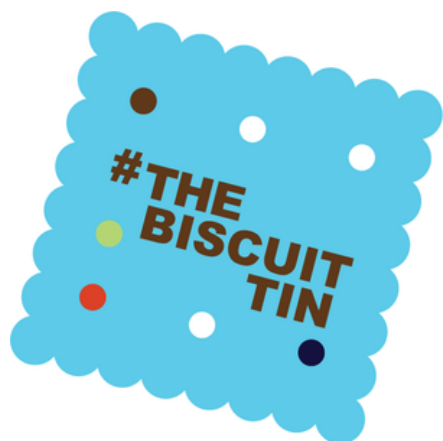


The Money, Ageing and Family session looks at some of the issues to think about when an older person's living arrangement is about to change. How does the older person protect their rights and continue a fulfilling lifestyle? A free booklet "Money, Ageing and Family" is provided to participants.

**Bookings open
Register today**

☎ 8571 5556

✉ positiveageing.cgd.vic.gov.au



The Biscuit Tin Project

Celebrating and Promoting Respect for Older Women

Join us to Launch our Exhibition and
Recipes for Respect Resource

Springvale Community Hub

5 Hillcrest Grove, Springvale

Friday 6
November
1pm-3pm

Bookings essential

☎ 8571 5556

✉ positiveageing.cgd.vic.gov.au

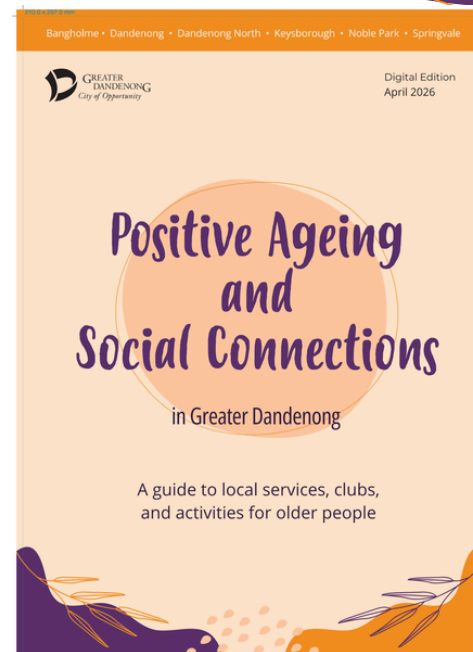
Looking for connection?

Find a group nearby

Our “Positive Ageing and Social Connections” booklet is a one-stop shop for finding a social or activity group in our local area.

These groups are a fantastic way to stay socially, physically and mentally active.

The booklet includes information about Council facilities; Neighbourhood Houses and Community Centres; and community groups and seniors groups.



Scan QR code or visit:

<https://www.greaterdandenong.vic.gov.au/connection-seniors>

Telephone 8571 5556 or email positiveageing@cgd.vic.gov.au

Find an activity nearby

The Greater Dandenong area has some fantastic Neighbourhood Houses and Community Centres. There are arts and crafts groups, exercise and walking groups, and language and technology classes.

Visit one of these locations to get started on a new hobby and make new connections. Alternatively, start a class or join a group with a friend.

- **Dandenong Community and Learning Centre** Phone: 9792 5298
- **Jan Wilson Community Centre** Phone: 8571 1436
- **Keysborough Learning Centre** Phone: 9798 7005
- **Noble Park Community Centre** Phone: 95475801
- **North Dandenong Neighbourhood House** Phone: 0448 658 354
- **Paddy O'Donoghue Centre** Phone: 8571 1436
- **Springvale Learning and Activities Centre** Phone: 9547 2647
- **Springvale Neighbourhood House** Phone: 9548 3972
- **Springvale Neighbourhood Literacy Program** Phone: 9574 6399
- **Wellsprings for Women** Phone: 9701 3740



Heat Health

Hot weather can cause serious health issues. If you feel unwell, contact Nurse on Call 1300 60 60 24, your doctor, or the Victorian Virtual Emergency Department. In an emergency, call 000 immediately.

Common heat-related illnesses:

Heat Rash:

An itchy rash caused by excessive sweating. Move to a cool place and keep the affected area dry.

Dehydration:

Signs include thirst, tiredness, dark urine, dizziness, fainting, and loss of appetite. Drink plenty of fluids to stay hydrated.

Heat Cramps:

Muscle pains or spasms that may signal heat exhaustion. Rest in a cool place, drink water, and apply cool packs. Seek medical attention if cramps continue for more than an hour.

Heat Exhaustion:

Symptoms include heavy sweating, weakness, nausea, headache, dizziness, and muscle cramps. Move to a cool place, drink cool fluids, and use cool packs to lower body temperature.

Heat Stroke:

A life-threatening emergency where body temperature rises above 40°C. Warning signs include confusion, rapid breathing, vomiting, seizures, or loss of consciousness. Call 000 immediately if heat stroke is suspected.



DRINK WATER

Drink water even if you don't feel thirsty. Take a bottle with you always



HOT CARS KILL

Never leave kids, adults or pets in hot cars. The temperature inside a parked car can double within minutes.



KEEP COOL

Seek out air conditioned buildings, draw your blinds, use a fan, take cool showers and dress in light and loose clothing made from natural fabrics.



PLAN AHEAD

Schedule activities in the coolest part of the day and avoid exercising in the heat. If you must go out, wear a hat and sunscreen and take a bottle of water with you.



HELP OTHERS

Look after those most at risk in the heat - your neighbour living alone, the elderly, the young, people with a medical condition and don't forget your pets.

2027 Community Calendar



Greater Dandenong Council is introducing a new way to receive your annual Community Calendar for 2027.

We know how important the calendar is to households across Greater Dandenong, with valuable information about kerbside bin collection services and Council waste and recycling programs. It contains details of key events throughout the year while showcasing the landscapes, landmarks and local treasures that make our city unique.

To support Council's sustainability efforts, we're introducing a convenient local pick-up model.

From December 2026 you will be able to collect your 2027 Community Calendar from locations across our city, including Council Customer Service Centres and libraries in Dandenong, Springvale and Keysborough.

Visit the dedicated Council webpage, or scan the QR code to find out more collection points or to download a copy of the calendar from December 1.

<https://www.greaterdandenong.vic.gov.au/2027-community-calendar>



If you are unable to collect your calendar due to special circumstances, please reach out to Council and we will be happy to assist.

We hope you enjoy the 2027 Community Calendar!



Seniors Day Trips

Bookings open Tuesday 20 October 2026 at 9am



Bookings/enquiries phone: 8571 5574

- Participants must be a resident of the City of Greater Dandenong and be or become 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

Werribee Park Mansion

Werribee Park Mansion is one of Victoria's grandest estates, featuring 60 rooms, original furnishings, and richly decorated interiors. Highlights include a grand staircase, library, and classically styled reception rooms. **Note: Be prepared for extensive walking.**

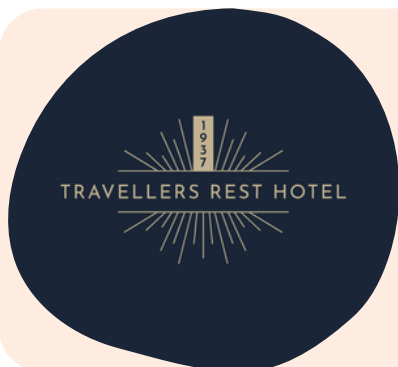
Wednesday 4 November

Depart/Return: 8.30am-3.30pm

Transport cost: \$25 (inc GST)

Admission: Adult \$12.60, Concession \$9.10

Lunch: Purchase at cafe or BYO



Traveller's Rest Hotel Thorpdale

Established in 1908, Traveller's Rest Hotel is an iconic destination for locals and travellers to the region. Classic pub menu that offers half-size meals.

Friday 6 November

Depart/Return: 10.45am-3pm

Transport cost: \$11 (inc GST)

Admission: Free

Lunch: Meals start from \$25/Half size meals from \$20 no BYO option

Alowyn Gardens and Yarra Valley Chocolate shop

Beautiful seven acre display garden in the heart of the Yarra Valley. Featuring seven distinct garden areas with seasonal displays. Extensive plant nursery with interesting and unusual plants. We will be stopping at Yarra Valley Chocolaterie where you can purchase lunch or a snack.

Tuesday 10 November

Depart/Return: 9.15am-2.30pm

Transport cost: \$16.40 (inc GST)

Admission: Adult \$17 Concession \$15

Lunch: Purchase at cafe or BYO



Encore Program - Motown Legacy

Giovanni Adams premieres Motown Legacy, a soulful Australian theatre experience weaving classic hits—including "Ain't No Mountain High," "Dancing in the Street" and "What's Going On"—with powerful stories of migration, belonging and cultural legacy.

Thursday 12 November

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

Transport cost: \$5.80 (inc GST)

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

Light morning tea provided

Seniors Day Trips



Deoro by the Bay Lunch

Located by Westernport Marina, Deoro by the Bay have an extensive seafood and grill menu.

Wednesday 18 November

Depart/Return: 11.30am - 3pm

Transport cost: \$11 (inc GST)

Admission: Free

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

Gumbuya World Seniors Christmas Event

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.

Thursday 19 November

Depart/Return: 10am-3pm

Transport cost: \$16.40 (inc GST)

Admission: \$39 includes lunch and bird show.

Lunch: Self-serve lunch with dessert



Coal Creek Korumburra

Created in 1974, Coal Creek Community Park and Museum, is a small recreated coal mining village located in South Gippsland. Please be aware that the terrain is steep and rugged and may not be suitable for those with mobility issues.

Monday 23 November

Depart/Return: 9am - 2.30pm

Transport cost: \$16.40 (inc GST)

Admission: Free

Lunch: Purchase at cafe or BYO

Money, Ageing and Family - Morning Tea and Information Session

This session looks at some of the issues to think about if or when your living arrangement may be changing. How do you protect your rights and continue a fulfilling lifestyle? A free booklet "Money, Ageing and Family" is provided to participants

Tuesday 24 November 10am - 11am

Springvale Community Hub

5 Hillcrest Grove, Springvale

Free morning tea



Black Rock House Tour and Morning Tea

Join us for a morning tea and guided tour of the house and gardens of this intriguing historic Victorian-era home with its castle-style fortress walls, Black Rock House.

Wednesday 25 November

Depart/Return: 9.15am-12.30pm

Transport: \$8.20 (inc GST)

Admission: \$15 includes tour and morning tea

Morning Tea only

Seniors Day Trips



Poynton's Nursery and Cafe Lunch

This nursery and Café is situated high on the hill overlooking the picturesque Maribyrnong River in Essendon. Our extensive menu offers something for everyone, from light meals to something more hearty

Friday 27 November

Depart/Return: 10.30am-2.30pm

Transport: \$11 (inc GST)

Admission: Free

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



Encore Program: Santa Claus is Coming to Town.

Melissa Langton and Mark Jones serve up a festive feast of powerhouse vocals, tight harmonies and offbeat humour.

Thursday 3 December

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

Transport cost: \$5.80 (inc GST)

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

Light morning tea provided

Yarra Valley Zoo and Cafe lunch

Enjoy the beauty and diversity of native Australian animals during a 1.5hr guided tour around Yarra Valley Zoo. Afterwards enjoy lunch at Yarra Valley Bush cafe.

Lots of walking required

Wednesday 9 December

Depart/Return: 9.15am-3pm

Transport: \$16.40 (inc GST)

Admission: \$15, includes guided tour

Lunch: Purchase from cafe or BYO



Paradise Valley Hotel Lunch

Located in the beautiful township of Clematis, Paradise Valley Hotel is a classic style pub with traditional meals or a seniors menu is available.

Friday 11 December

Depart/Return: 11am-3pm

Transport: \$11 (inc GST)

Admission: Free

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

Caldermeade Farm Morning Melodies and Lunch

Caldermeade Farm presents a Christmas Show for morning melodies. Show includes a set two course lunch.

Tuesday 15 December

Depart/Return: 9.15am - 2pm

Transport cost: \$11 (inc GST)

Admission: \$45 includes show and two course set menu lunch, no BYO option



Seniors Day Trips



Mornington Main St Market

Looking for last minute Christmas gift ideas, browse homemade crafts, home baked treats, home grown plants, produce and more.

Wednesday 16 December

Depart/Return: 9.30am - 2.30pm

Transport cost: \$16.40 (inc GST)

Admission: Free

Lunch: Purchase at cafe or BYO

Victoria Market

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

Friday 18 December

Depart/Return: 9am-2pm

Transport cost: \$16.40 (inc GST)

Admission: Free

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.

Wednesday 23 December

Depart/Return: 11.15am-2.30pm

Transport: \$11 (inc GST)

Admission: Free

Lunch: Meals start at \$15, no BYO option

Shopping Centre Trips

Knox City

Monday 7 December

Karingal

Thursday 17 December

Southland

Tuesday 22 December

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.

Seniors Day Trips

January 2027



Kinglake Hotel Lunch

Join us for a relaxed dining experience in the heart of Kinglake. On the menu you will find all the pub classics and weekly Chef specials.

Thursday 7 January

Depart/Return: 11am - 3pm

Transport cost: \$11 (inc GST)

Admission: Free

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

Blue Lotus Water Gardens

Spanning over 14 acres the tropical themed gardens contain more than 40 different ponds, lakes and water features which produce the biggest display of lotus and waterlily flowers in the southern hemisphere. **Please note: a lot of walking is required.**

Tuesday 12 January

Depart/Return: 9am-3pm

Transport: \$25 (inc GST)

Admission: Adults \$27 Seniors: \$24

Lunch: Purchase at cafe or BYO



Ashcombe Maze & Lavender Gardens

Home to Australia's oldest and most famous hedge maze and the year round flowering Lavender Labyrinth, all set among 25 acres of world acclaimed gardens.

Thursday 14 January

Depart/Return: 9am - 3pm

Transport cost: \$25 (inc GST)

Admission: Seniors \$19

Lunch: Purchase at cafe or BYO

Metartworld

Metartworld is the biggest metal art gallery in Australia. Each piece is interactive - you can take pictures, touch, hold, sit, ride or drive them! ***Please note - stairs to the second level.**

Monday 18 January

Depart/Return: 9.30am-3pm

Transport: \$16.40 (inc GST)

Admission: \$40

Lunch: Purchase at cafe or BYO



Ginger Fox Cafe Lunch

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

Wednesday 20 January

Depart/Return: 11.15am-2.30pm

Transport cost: \$6.70 (inc GST)

Admission: Free

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

Seniors Day Trips

January 2027



South Melbourne Market

Since 1867, South Melbourne Market has been a treasured inner-city landmark. The quintessential village market, it is a place where people come to purchase fresh food, meet, eat, drink, shop and discover.

Friday 22 January

Depart/Return: 8.45am-1.30pm
Transport cost: \$16.40 (inc GST)
Admission: Free
Lunch: Purchase at cafe or BYO



Beach Bar Carrum Lunch

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

Wednesday 27 January

Depart/Return: 11.30am-2.30pm
Transport: \$6.70 (inc GST)
Admission: Free
Lunch: Meals start from \$20, no BYO option

Phillip Island

Our first stop will be morning tea at Phillip Island Chocolate Factory and see the largest chocolate waterfall. We then travel to The Nobbies & hopefully see some seals on the rocks. Our last stop will be for lunch of fish and chips.

Thursday 28 January

Depart/Return: 9am-3.30pm
Transport: \$25 (inc GST)
Admission: Chocolate Shop Adult: \$25, Pensioner cardholder \$22.50
Lunch: Purchase at cafe or BYO.



Community Transport

Community Transport provides a safe, friendly and reliable bus service to eligible residents that have difficulty accessing private or public transport.

Door-to-door transport can be provided to:

- Local shopping centres
- Dandenong Oasis - Hydrotherapy sessions
- Dandenong and Springvale Library
- Social Support Group

To register your interest or for further information, please call Community Transport on 8571 5556 or bus.community@cgd.vic.gov.au



**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.**

**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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