

FRANKSTON CITY COUNCIL
**SENIORS
FESTIVAL
2024**

7-31 October

Bookings open
10am Tuesday 24
September

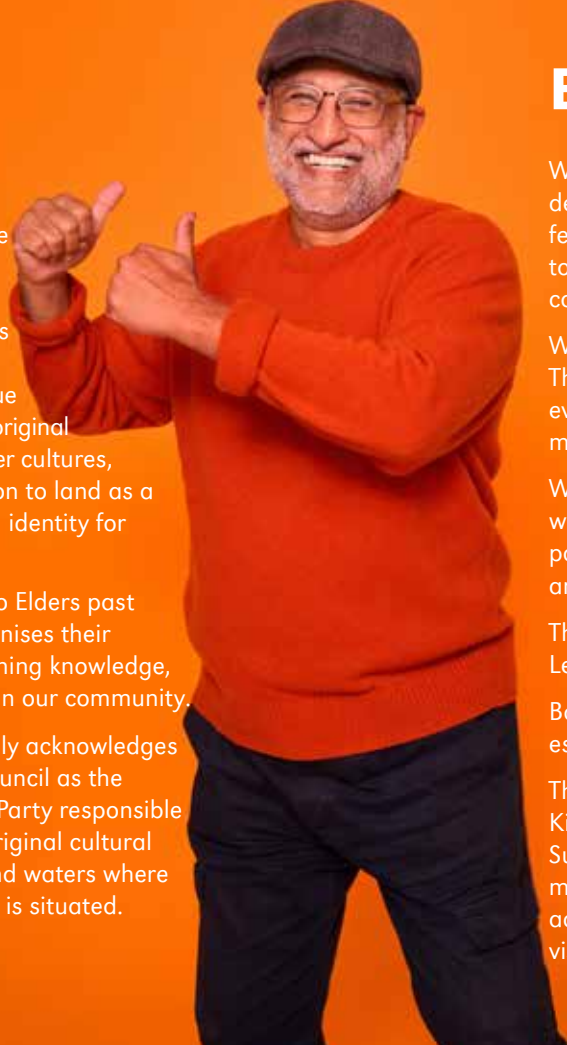
**EXPLORE.
ENGAGE.
EVOLVE.**



Frankston City Council acknowledges the Bunurong people of the Kulin Nation as the Traditional Custodians of the lands and waters in and around Frankston City, and value and recognise local Aboriginal and Torres Strait Islander cultures, heritage and connection to land as a proud part of a shared identity for Frankston City.

Council pays respect to Elders past and present and recognises their importance in maintaining knowledge, traditions and culture in our community.

Council also respectfully acknowledges the Bunurong Land Council as the Registered Aboriginal Party responsible for managing the Aboriginal cultural heritage of the land and waters where Frankston City Council is situated.



Explore. Engage. Evolve.

We are thrilled to have you join us for this celebration dedicated to our vibrant senior community. The state-wide festival theme 'Explore. Engage. Evolve' encourages us all to embrace new experiences, connect with one another, and continue our journey of growth and discovery.

We are especially excited to announce our highlight event, The Piano Men — The Songs of Elton John and Billy Joel! A free event on the 26 October; immerse yourself in the timeless music of two legendary artists!

We extend our heartfelt gratitude to the local community groups whose invaluable support and participation make this festival possible. Your dedication and enthusiasm enrich our community and help create lasting memories for everyone involved.

Thank you for being a part of the Frankston Seniors Festival. Let's explore, engage, and evolve together!

Bookings will open at 10am on Tuesday 24 September and are essential unless otherwise specified.

The Victorian Seniors Festival is also running in October. Kicking off with Celebration Day at Federation Square on Sunday 6 October, from the 12–7pm. For more information about events on offer across the state, scan the QR code below or visit seniorsonline.vic.gov.au/festival



Free public transport

Sunday 6 October to Sunday 13 October 2024

As a Victorian Seniors Card holder, you can get out and explore metropolitan Melbourne and regional Victoria with eight days of free travel from Sunday 6 October to Sunday 13 October.

How to travel during the free travel period

Remember to always carry your Seniors myki and Victorian Seniors Card with you on public transport. Touch on and off as usual, you won't be charged. On regional services that don't use myki, just show your Victorian Seniors Card to the conductor or bus driver.

Where you can go

You'll be able to travel for free on all public transport in Victoria, including:

- Melbourne trains, trams and buses
- Regional trains, coaches and buses (including regional town bus services)

We recommend travelling during off-peak hours. You'll be more likely to find a seat.

Useful information for booking travel in regional Victoria

- You need to reserve a seat on long distance V/Line trains and some coaches. To book a seat on V/Line services requiring reservations, visit your nearest station or agent or call 1800 800 007 from 10:00am on Tuesday 10 September.

- Seats can fill quickly so book early! You'll need to collect your tickets within 48 hours.
- You can only travel free in economy class.
- To make a group booking for up to 19 travelling on a V/Line train service or 12+ travelling on a V/Line coach service, visit your nearest station or agent.
- For larger groups, please submit a group booking request from 10am on Tuesday 10 September at www.vline.com.au/grouptravel
- If you book and can't travel, let us know prior as your seats can be relocated to other customers wanting to travel.



Friday 4 October

Pre-festival event

Get Active Expo — Camp Manyung

YMCA Camp Manyung in partnership with Mornington Peninsula Shire and Frankston City Council bring you the annual Get Active Expo 2024.

As part of Seniors Festival, locals who are 55+ are invited to join us at Camp Manyung to participate in a range of physical activities, including archery, golf, the giant swing and more. Come and try something new! Learn about local activity groups as well as social groups in Frankston and the Mornington Peninsula. Enjoy free morning tea whilst socialising with others. The venue is suitable for people of all abilities.



Camp Manyung
35 Sunnyside Road, Mt Eliza



10am–1pm



Free



Scan the QR code or phone: 9788 1100



Event	Time	Cost	Page
Monday 7 October			
Seniors Festival Garden Wander at Cruden Farm *Open Monday to Friday throughout the Festival	10am	\$5	14
Frankston Street Art Walking Tour	11am	Free	14
Festival Book Club	1.30pm	Free	15
Transitioning to Retirement and Volunteering	1.30pm	Free	16
Tuesday 8 October			
Intergen Photo Competition Exhibition	6.30am	Free	17
Morning Melodies at Karingal Place	10am	\$3	18
Active Movers at PARC	12.10pm	Free	18
Discover Frankston's Community Bus	1pm	Free	19
Chatty Cafe	1.30pm	Free	19
Wednesday 9 October			
Pines Men's Shed Open and BBQ	8am	Free	20
Tai Chi at PARC	8.30am	Free	20
CWA Frankston	10am	Gold coin	21
Morning Brew and You: Engaging in Healthy Ageing Research	11am	Free	21
Dance Class Series for Beginners – Class One	1.30pm	Free	22
Author Talk with Ken Piesse	6pm	Free	23

Event	Time	Cost	Page
Thursday 10 October			
Guided Walk in Sweetwater Creek Nature Reserve	9.30am	Free	23
Celebrate World Mental Health Day	10am	\$4	24
Explore your Family History	11am	Free	24
Walking Basketball	11am	Free	25
Meals on Wheels Chef Cooking Demonstration	12pm	Free	25
Active Movers at PARC	12.10pm	Free	26
Friday 11 October			
Downsizing Information Session	10.30am & 1pm	\$5	27
Wingham Park Senior Activity Space	10.30am	Free	28
Frankston Street Art Walking Tour	11am	Free	28
Saturday 12 October			
Saturday Movie Matinee	12pm	Free	29
Sunday 13 October			
Tai Chi in the Forecourt	11am	Free	30
LGBTQI+ Elders Dance Club	2pm	Free	31
Monday 14 October			
Living Culture Guided Walk at McCrae Foreshore	8.30am	Free	32
Senior's Law Information Session	11am	Free	33
Monday Melodies — East Frankston Over 55s	12.30pm	Gold coin	33
Tuesday 15 October			
Come and Try Croquet	10am	Free	34
Death Café — End of Life Choices	10.30am	Free	34
Trivia and Tea	10.30am	Free	35

Event	Time	Cost	Page
Tuesday 15 October continued			
Active Movers at PARC	12.10pm	Free	35
Kalenka Russian Singing Group	1pm	Free	36
Walking Football (Soccer)	1pm	Free	36
Chatty Cafe	1.30pm	Free	37
Mornington Peninsula Chorale	7.30pm	Free	37
Wednesday 16 October			
Tai Chi at PARC	8.30am	Free	38
Friendship Morning — Probus Club of Frankston Inc.	10am	Free	39
Silver Swans — Ballet for Seniors	10am	Free	39
Social Connection Lunch and Talk	10.30am	Free	40
Zumba	1pm	\$2	40
Dance Class Series for Beginners — Class Two	1.30pm	Free	41
Thursday 17 October			
Ageing 'Joy-Fully'	9.30am	Free	42
Come and Try Croquet	10am	Free	42
Cuppa and Chat with a Laughter Workshop	10am	\$9	43
Devonshire Tea with CWA Frankston South	10am	Free	43
Explore your Family History	11am	Free	44
Frankston Street Art Walking Tour	11am	Free	44
Walking Basketball	11am	Free	45
Frankston's Meals on Wheels Kitchen Tour	12pm	Free	45

Event	Time	Cost	Page
Thursday 17 October continued			
Active Movers at PARC	12.10pm	Free	46
Be Connected – Can You Spot A Scam?	3pm	Free	47
Friday 18 October			
Morning Tea and Guest Speaker – Frankston Combined Probus	9.30am	Free	48
Coffee, Cake and Culture	10am	Free	48
Saturday 19 October			
Come and Try Croquet	10am	Free	49
Open Studio and Art Exhibition	10am	Free	49
Saturday Movie Matinee	12pm	Free	50
Sunday 20 October			
Open Studio and Art Exhibition	10am	Free	50
Tai Chi in the Forecourt	11am	Free	51
Sri Lankans Seniors Cultural Event	3pm	\$5	51
Monday 21 October			
Musical Entertainment by Ron Kingston	2pm	Free	52
Tuesday 22 October			
Friends at First Sight – Women’s Kitchen and Garden Program at Government House	8.30am	Free	53
Frankston Street Art Walking Tour	11am	Free	54
Active Movers at PARC	12.10pm	Free	54
Engaging in Healthy Ageing Research – Webinar	1pm	Free	55
Walking Football (Soccer)	1pm	Free	55
Chatty Cafe	1.30pm	Free	56

Event	Time	Cost	Page
Wednesday 23 October			
Tai Chi at PARC	8.30am	Free	56
Heritage Frankston Session	10.30am	Free	57
Dance Class Series for Beginners – Class Three	1.30pm	Free	58
Thursday 24 October			
Cuppa and Chat with a Sensory Garden Experience	10am	\$4	59
Explore your Family History	11am	Free	60
Walking Basketball	11am	Free	60
Active Movers at PARC	12.10pm	Free	61
Friday 25 October			
Friends at First Sight – Men’s Fishing at Mornington Pier	8.45am	Free	63
Social Connection Talk and Lunch	10.30am	Free	64
Wingham Park Senior Activity Space	10.30am	Free	64
Saturday 26 October			
Multicultural Celebrations at Orwil Street Community House	11am	Free	65
Saturday Movie Matinee	12pm	Free	65
Festival Closing Event The Piano Men – The Songs of Elton John and Billy Joel	4pm	Free	66
Sunday 27 October			
Come and try Masters Athletics	9am	Free	67
Joy of the Earth Community Garden – Open Day	10am	Free	68
Tai Chi in the Forecourt	11am	Free	68

Event	Time	Cost	Page
Monday 28 October			
Frankston Street Art Walking Tour	11am	Free	69
Festival Book Club Discussion	1.30pm	Free	69
Tuesday 29 October			
Indoor Craft Market	10am	Free	70
Duet Arts: Moments of Joy and Connection for people living with Dementia	10.30am and 11.30am	Free	71
Active Movers at PARC	12.10pm	Free	72
Walking Football (Soccer)	1pm	Free	72
Chatty Cafe	1.30pm	Free	73
Wednesday 30 October			
Tai Chi at PARC	8.30am	Free	74
Financial Information: Home Equity Options and Aged Care Services	10am	Free	75
Polish Culture and Modern Australian Society	12.30pm	Free	76
Social Dancing	6.30pm	Free	76
Thursday 31 October			
Cuppa and Chat with Musical Melodies	10am	\$4	77
Singing for fun	10.30am	Free	77
Explore your Family History	11am	Free	78
Active Movers at PARC	12.10pm	Free	78

Have your say

Tell us what you think of the Frankston Seniors Festival 2024. Your feedback helps shape the Festival.

Scan the QR code below or visit surveymonkey.com/r/FeedbackSeniors24



Monday 7 October

Seniors Festival Garden Wander at Cruden Farm

One of Australia's most loved iconic gardens and natural spaces. Visit Cruden Farm for a garden wander throughout Seniors Festival. A relaxed and friendly experience where you will enjoy the wondrous manicured gardens and peaceful walking areas. The property was left by Dame Elisabeth Murdoch for the people to enjoy and is now managed by a charitable trust. Present your Seniors Card and receive a 50% discount on your entry ticket.

 Cruden Farm
Entry via Cranhaven Road, 60 Cranbourne-Frankston Road, Langwarrin

 Monday-Friday, 10am-4pm

 \$5 (upon presentation of a Seniors Card)

Frankston Street Art Walking Tour

Experience this national award-winning tour which showcases over 80 murals by local and international artists which bring the city's buildings and laneways to life. Wander the streets to discover iconic images of the Frankston's past, relive childhood imagery and celebrate Frankston's urban culture.

 Frankston Library Forecourt, 60 Playne Street, Frankston

 11am-12.30pm

 Free

 1300 322 842

Festival Book Club

Come and immerse yourself in the joy of reading at our special book club event as part of the festival! Share your thoughts, meet fellow book lovers, and dive into lively discussions about our featured book. Whether you're an avid reader or just looking for a new community, this is the perfect opportunity to connect and celebrate the love of literature.


Our Book Club will have two sessions:

1. **Introductory Session:** Receive your copy of the book and meet other participants. We would also love to hear about your favourite book.
2. **Discussion Session (28th October):** Share your insights and engage in a lively discussion about the book. You will be automatically booked into the second session when you book the first.

 Frankston Library (Long Room)
60 Playne Street, Frankston

 1.30-2.30pm

 Free, bookings essential


 trybooking.com/CTHEO or call
Council 1300 322 322
Please ensure you are able to attend both sessions




Monday 7 October continued


Transitioning to Retirement and Volunteering

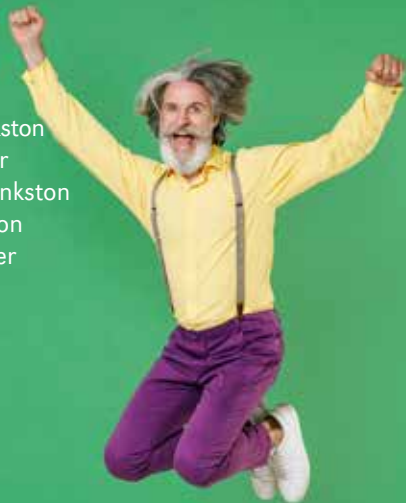
This workshop covers an overview of volunteering in Australia. It outlines the social and wellbeing benefits of volunteering in retirement. The workshop guides participants to identify and apply for suitable volunteer roles. Places are limited, bookings essential. Session organised by Volunteering Frankston (formerly Impact Volunteering).

 Community Room at
Karingal PLACE Neighbourhood Centre
103 Ashleigh Avenue, Frankston

 1.30–2.30pm

 Free

 email: volunteering.frankston@frankston.vic.gov.au or
phone Volunteering Frankston
on 9768 1407 by 4pm on
Wednesday 2nd October



Tuesday 8 October

Intergen Photo Competition Exhibition

Throughout this Seniors Festival come and view the top 10 intergenerational photos taken by locals and vote for your favourite in the People's Choice Award! Your vote will get you a free coffee upon presentation of your Seniors Card (limited to 50 coffees). In an attempt to combat ageism, the brief was to take a photo of an older adult doing what they love most.

The exhibition will be held at Hard Livin' HQ, a cosy 70s inspired café and community space in Carrum Downs. It's a special place that appreciates the wisdom and experience of seniors. Via Their 'Hello In There' initiative, Hard Livin' HQ are donating the 50 coffees. We thank Kayne and Emily for hosting and supporting the Intergenerational Photo Competition.

This project is a collaboration between Peninsula Health, the Respecting Seniors Network and Frankston City Council.

 Hard Living' HQ
2/27 Concord Crescent, Carrum Downs


 6.30am–1pm (Tuesday to Friday)


 Free to view the exhibition

Tuesday 8 October continued


Morning Melodies at Karingal PLACE

You are invited to enjoy the talented stylings of the U3A guitar group, as they play a few well known tunes here at Karingal PLACE to celebrate Seniors Festival. Come along on your own or bring a friend and sing along or listen to the music. Tea, coffee and morning tea provided. Places are limited, RSVP by Friday 4 October.

 Karingal PLACE Neighbourhood Centre
103 Ashleigh Avenue, Frankston

 10–11.30am


 \$3

 8786 6650


Active Movers at PARC

Come along to PARC and experience the benefits of our free Active Movers group exercise class. This fun class is designed for those who want a low-intensity circuit workout. Great for beginners! Please present your Seniors Card on arrival before your class. Bookings essential.

 PARC, 16N Cranbourne Road, Frankston


 12.10–1.10pm


 Free

 PARC: 9781 8444


Discover Frankston's Community Bus

Council's Community Bus provides regular transport to shopping centres, the Frankston library, the pool and senior's clubs. The bus offers eligible residents return trips from their home for \$3. Meet the bus drivers, see the bus and consider if this service is right for you or someone you know. No bookings required.

 Frankston Library Forecourt
60 Playne Sreet, Frankston


 1–2.30pm


 Free


 Lenore: 9768 1681


Chatty Café

Come along and join our friendly Chatty Café volunteer for a casual conversation about anything and everything. The Chatty Café aims to bring members of the community together, instigate some friendly conversation and help combat any feeling of loneliness or isolation people may be feeling. No booking required.

 Frankston Library
60 Playne Street, Frankston

 1.30–3.30pm

 Free


 9784 1020

Wednesday 9 October


Shed Open & BBQ

Come along to this welcoming Men's Shed and discover the array of activities on offer including woodwork, carpentry, wood turning, metal work, gardening and recreational games. Meet members and grab free delicious sausage.

 14 Stringybark Crescent, Frankston North


 8am–4pm


 Free

 Brian: 9786 1008


Tai Chi at PARC

Tai Chi is a non-competitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring the body is in constant motion. Please present your Seniors Card on arrival before your class. Bookings essential.

 PARC
16N Cranbourne Road, Frankston


 8.30–9.15am


 Free


 PARC: 9781 8444


CWA Frankston

CWA Frankston warmly welcomes you! There will be a pop-up shop with a myriad of handcrafted goodies available for purchase, including preserves and jams made by the CWA Frankston members. Bingo will be played at 1pm with prizes for winners. A gold coin donation will get you a delicious Devonshire Tea. Bookings essential.

 CWA Frankston
33 Beach Street, Frankston


 10am–2pm


 Free entry/gold coin donation for Devonshire Tea

 cwafrankston33@gmail.com or call Louise: 0407 051 322


Morning Brew and You: Engaging in Healthy Ageing Research

Join the National Centre for Healthy Ageing for a cuppa and morning tea. Hear about exciting local projects, meet some of researchers and discover how you can help improve healthy ageing in our region. Bookings essential

 Healthy Futures Hub
2/151 East Rd, Seaford

 11am–12.30pm

 Free

 events.humanitix.com/ncha-morning-brew or call
9788 1722


Wednesday 9 October continued


Dance Class Series for Beginners — Class One

An exciting opportunity to learn how to dance, socialise, and stay active with our free dance classes! New to the dance floor? No problem. Receive expert instruction from Susan of Showbiz Dance Studio, who has designed the classes to be fun and inclusive.

Throughout the Festival, there will be one class every Wednesday for three weeks and an evening social dance in the last week so you can let loose with your new skills and friends. You can choose to attend one or all three classes. There will be a chance to socialise over a cuppa after each class.

In this first class, you will be taught beginner level Chicago Swing and Progressive Jive. Please do not wear backless shoes.

 Bruce Park Hall
1/19N Bondi Ave, Frankston


 1.30–2.30pm


 Free (Bookings essential)

 trybooking.com/CTBIP or phone Council on 1300 322 322

Author Talk with Ken Piesse

Join us to sit down with Australia's most published living author with a rare passion for cricket and football. Ken Piesse is synonymous with Cricket and AFL journalism and will be speaking about his newly released memoir, *Living The Dream: Inspirations and Insights* — a tribute to a passionate life for all things sports.

 Frankston Library
60 Playne Street, Frankston

 6–7pm


 Free


 Frankston Library: 9784 1020

Thursday 10 October


Guided Walk in Sweetwater Creek Nature Reserve

Guided walk along picturesque walking tracks and boardwalks with views of the creek and indigenous bushland. Afterwards join the Action Sweetwater Creek Volunteers for a delicious morning tea.

 Sweetwater Creek Nature Reserve noticeboard
Enter via the laneway between 47 and 49 Fleetwood Crescent, Frankston South

 9.30–11am

 Free


 Jenny: 0412 844 112



Thursday 10 October continued


Celebrate World Mental Health Day

Cuppa and Chat with guests from Mental Health and Wellbeing Local (Frankston) and activities and resources to assist everyone to maintain good mental health. Entry price includes a welcome cuppa and cookie. Other refreshments available at modest café prices. Places are limited, bookings essential.

 Coffee on Kareela Community Café
53 Kareela Avenue, Frankston East


 10am–12pm


 \$4


 Liz: 0401 523 875


Explore your Family History

Mornington Peninsula Family History Society invites both beginners and those with more experience to visit our centre and explore our large collection of resources. We will have experienced researchers on hand to start you off or help you if you are stuck. Tea and coffee available.

 Frankston South Community and Recreation Centre (FSCRC)
2/55 Towerhill Road, Frankston South

 11am–2pm

 Free

 Alison: 9783 7058

Walking Basketball

Walking Basketball is a low-impact, social and fun way to improve the levels of physical activity for inactive and slightly active Victorians including those recovering from injury.

 Frankston and District Basketball Association
90 Bardia Avenue, Seaford

 11am–12.30pm

 Free

 Tanya: 9776 8999

Meals on Wheels Chef Cooking Demonstration

Needing some ideas and inspiration for easy to prepare, delicious meals? Then join Frankston City Council's Meals on Wheels Chef who will walk you through a demonstration of one of our favourite menu items. Additionally, learn about the volunteer roles that support this program and how they might suit you.

 210 Beach Street, Frankston

 12–2pm

 Free

 Volunteer Officer, Frankston City Council: 9768 1624

Thursday 10 October continued

Active Movers at PARC

Come along to PARC and experience the benefits of our free Active Movers group exercise class. This fun class is designed for those who want a low intensity circuit workout. Great for beginners! Please present your Seniors Card on arrival before your class. Bookings essential.

 PARC
16N Cranbourne Road, Frankston

 12.10–1.10pm

 Free

 PARC: 9781 8444



Friday 11 October

Downsizing Information Session

Is your home no longer serving the purpose you bought it for? Are you thinking of downsizing? Join Julia Dyer for independent advice and feel more confident and in control on your downsizing journey. Leave with a strategic plan, so you can transition with ease. Refreshments provided.

Please note — there are two sessions; choose either an AM session or a PM session and book accordingly.

 Frankston South Community and Recreation Centre (FSCRC)
Meeting Room 1, 2/55 Towerhill Road, Frankston South

 10.30am–12pm
and 1–2.30pm

 \$5





 Julia: 0404 293 485



Friday 11 October continued





Wingham Park Senior Activity Space

Looking for an exciting way to stay active and connect with others? The Wingham Park Senior Activity Space is an outdoor activity space with stations specifically designed to reduce the risk of falls. Each movement helps improve balance, strength, functional movement and mobility. Our friendly trained volunteers will show you how to use the equipment safely and feel free to stay for a chat and a FREE coffee afterwards!

-  Wingham Park
103 Ashleigh Avenue, Frankston
-  10.30–11.30am
-  Free
-  trybooking.com/CJIRE or call Johanna: 0438 902 205

Frankston Street Art Walking Tour

Experience this national award-winning tour which showcases over 80 murals by local and international artists which bring the city's buildings and laneways to life. Wander the streets to discover iconic images of the Frankston's past, relive childhood imagery and celebrate Frankston's urban culture.

-  Frankston Library Forecourt, 60 Playne Street, Frankston
-  11am–12.30pm
-  Free
-  1300 322 842

Saturday 12 October

Saturday Movie Matinees

Block out your Saturday afternoon for a screening of a new release or classic film. Contact the Library to find out the titles for each week. Free popcorn and water for all attendees.

-  Frankston City Library
60 Playne Street, Frankston
-  12–2pm
-  Free
-  Frankston Library: 9784 1020
Updates/Frankston-Seniors-Festival-2024
or call 9784 1020



Sunday 13 October

Tai Chi in the Forecourt

Come along on Sundays throughout the Festival to practice Tai Chi. Tai Chi is a gentle way to improve strength, flexibility and balance.

 Frankston Library
60 Playne Street, Frankston

 11am–12pm


 Free

 Frankston Library:
9784 1020




LGBTQI+ Elders Dance Club

Come one, come all – you're invited to the The Cube for the most fabulous social event of the Queer year. Created by All the Queens Men, this fabulous afternoon unites rainbow and allied communities through the joy of dance. Inclusive, intergenerational, and great fun – LGBTQI+ Elders Dance Club is your chance to learn a few new steps and make some surprising connections. No warnings or restrictions – everyone is welcome!

 Cube 37
25/37 Davey Street
Frankston

 2–4pm

 Free

 Either in person
at the
Frankston Arts
Centre or via
phone: 9784 1060




Monday 14 October


Living Culture Guided Walk at McCrae Foreshore

This walk takes you through the beautiful foreshore of McCrae surrounded by an array of native flora including Banksia, Clematis and Flax Lily. This is an opportunity to learn about bush-tucker, indigenous medicines and share knowledge of Aboriginal culture.

This walk will take around 2 hours and will cover about 1.5kms, good mobility is required. Please wear sturdy walking shoes, dress for all weather and bring a bottle of water. Enjoy lunch in McCrae Village or bring a packed lunch.

Bookings essential.

 Meet at 8.30am at Frankston Arts Centre (FAC) 27-37 Davey Street, Frankston

 Bus returns to FAC at approximately 1.30pm

 Free

 trybooking.com/CUAIN or call Council, 1300 322 322



Senior's Law Information Session

Lawyers from Lardner Lawyers will be discussing the importance of Will making; understanding the effect of making Financial and Medical Powers of Attorney documents; steps in obtaining a Grant of Probate from the Court and how to better understand and protect yourself from Elder Abuse.

 Frankston Library
60 Playne Street, Frankston


 11am–12pm

 Free

 Frankston Library: 9784 1020

Morning Melodies — East Frankston Over 55s

Be entertained by Alex Matthews, singing popular songs encouraging you join in singing and dancing, a light afternoon tea will follow.

 Leawarra House
200 Beach Street, Frankston

 12.30–3pm

 Gold coin

 Lauraine: 0403 729 906


Tuesday 15 October


Come and Try Croquet

Frankston Croquet Club is a small welcoming club where members are willing to show you how to play this very friendly game. All equipment will be supplied, just wear flat-soled shoes.

 Frankston Croquet Club
61N Nolan Street, Frankston


 10am–12pm


 Free

 Fay: 0407 342 561

Death Café — End of life choices

Come along and talk about all things related to your end-of-life choices. In this session, Jen Ulyatt from Death Cafe Doula will be supported by a local palliative care nurse. Build your knowledge around death and dying. Refreshments provided. Bookings are essential

 Frankston South Community & Recreation Centre (FSCRC)
2/55 Towerhill Road, Frankston South


 10.30–11.30am


 Free

 FSCRC: 9293 7122


Trivia and Tea

Come and join in the fun and test your general knowledge at our friendly trivia competition. Morning tea provided. Bookings Essential.

 Belvedere Community Centre
151 East Rd, Seaford

 10.30am–12pm


 Free

 Lisa: 9776 8922


Active Movers at PARC

Come along to PARC and experience the benefits of our free Active Movers group exercise class. This fun class is designed for those who want a low-intensity circuit workout. Great for beginners! Please present your Seniors Card on arrival before your class. Bookings essential.

 PARC
16N Cranbourne Road, Frankston

 12.10–1.10pm

 Free


 PARC: 9781 8444


Tuesday 15 October continued


Kalenka Russian Singing Group

A singing group that performs traditional and folklore songs in Russian and English. Come along for this cultural experience. Refreshments provided. Bookings essential.

 6R Broughton Street, Seaford


 1–3pm


 Free


 Luba: 0451 035 645

Walking Football (Soccer)

Walking football is played indoors and is a modified, slower version of the world game designed for seniors to have fun, be active and inclusive. No playing experience required but ability to walk is essential.

 Frankston South Community & Recreation Centre (FSCRC)
2/55 Towerhill Road, Frankston South

 1–2pm


 Free

 FSCRC: 9293 7122


Chatty Café

Come along and join our friendly Chatty Café volunteer for a casual conversation about anything and everything. The Chatty Café aims to bring members of the community together, instigate some friendly conversation and help combat any feeling of loneliness or isolation people may be feeling. No booking required.

 Frankston Library, 60 Playne Street, Frankston


 1.30–3.30pm


 Free


 Frankston Library: 9784 1020


Mornington Peninsula Chorale – Open Rehearsal

Have you ever wanted to sing in a choir? Come and join the Mornington Peninsula Chorale at a rehearsal as they prepare for their annual Christmas concert, “Joy to the World”. The evening will be directed by our Choir Director Tom Pugh with accompanist Serena Carmel. Join us for an evening of singing and wonderful music making! Tea/coffee supplied. Limited numbers, bookings essential.

 The Village Church, 93 Canadian Bay Road, Mt Eliza

 7.30–9.30pm

 Free

 Julie: 0408 561 702

Wednesday 16 October

Tai Chi at PARC

Tai Chi is a non-competitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring the body is in constant motion. Please present your Seniors Card on arrival before your class. Bookings essential.

 PARC
16N Cranbourne Road,
Frankston

 8.30–9.15am

 Free

 PARC: 9781 8444



Friendship Morning — Probus Club of Frankston Inc.

You are invited to attend this special morning; an introduction to the Probus motto of Friendship, Fellowship and Fun. A short film illustrating the Club's outings and activities will be screened, followed by a movie of Frankston's history. Refreshments will be served so stay for a chat.

 Frankston RSL (pavilion at the rear)
183 Cranbourne Rd, Frankston

 10am–12pm

 Free

 Mary: 0418 568 234

Silver Swans – Ballet for Seniors

Life is better when you are dancing and the goal of this ballet class to give our over 55's the chance to pick up an activity that they may have pursued and loved as a child, or an activity that they have longed to learn. No experience or fancy outfits required — just a want to learn something new and have fun!

 Carrum Downs Library
203 Lyrebird Drive, Carrum Downs

 10–11am

 Free

 Carrum Downs Library: 8773 9539

Wednesday 16 October continued

Social Connection Talk and Lunch

Join our LinC Workers in our relaxed space at the Frankston Mental Health and Wellbeing Local as they discuss the importance of social connection in maintaining our wellbeing and reducing loneliness in our community. This will be followed by an opportunity to meet new people and chat over a light lunch.

 454 Nepean Highway, Frankston

 10.30am–12.30pm

 Free

 Jo: 0468 540 767


Zumba

The very friendly Filipino Seniors Support Group invites you to come along to a fun Zumba class! This modified class is great for your body, mind and soul. If you love dancing this class is for you!

 Holy Family Church Hall
34 Moreton Street, Frankston North

 1–2pm

 \$2


 Grace: 0409 192 390

Dance Class Series for Beginners — Class Two


An exciting opportunity to learn how to dance, socialise, and stay active with our free dance classes! New to the dance floor? No problem. Receive expert instruction from Susan of Showbiz Dance Studio, who has designed the classes to be fun and inclusive.

Throughout the Festival, there will be one class every Wednesday for three weeks and an evening social dance in the last week so you can let loose with your new skills and friends. You can choose to attend one or all three classes. There will be a chance to socialise over a cuppa after each class.

In this second class, you will be taught beginner level Square Rhumba and Cha Cha. Please do not wear backless shoes.

 Bruce Park Hall
1/19N Bondi Ave,
Frankston

 1.30–2.30pm

 Free (Bookings are essential)

 trybooking.com/CTBIP
or phone Council on
1300 322 322



Thursday 17 October

Ageing 'Joy-Fully'

Come and try this fun and hugely Fit After 50 class with instructor Joy. This exercise class focuses on aerobic fitness, balance, strength and co-ordination in a fun and social environment. Bookings essential

 Belvedere Community Centre
151 East Rd, Seaford

 9.30–10.30am

 Free

 Lisa: 9776 8922


Come and Try Croquet

Frankston Croquet Club is a small welcoming club where members are willing to show you how to play this very friendly game. All equipment will be supplied, just wear flat soled shoes.

 Frankston Croquet Club
61N Nolan Street, Frankston

 10am–2pm


 Free

 Fay: 0407 342 561

Cuppa, Chat and a Laugh

Laughter is the best medicine, we are told. Enjoy a cuppa and chat, along with a workshop in Laughter Fitness with Natalie. All abilities welcome. Bring a bottle of water.

Entry price includes a welcome cuppa and cookie and workshop. More refreshments available at modest café prices. Places limited, bookings essential.

 Coffee on Kareela Community Café
53 Kareela Avenue, Frankston East

 10am–12pm

 \$9

 Liz: 0401 523 875

Devonshire Tea with CWA Frankston South

Devonshire Tea with various activities including dot-to-dot, word search and other table-top activities. A small trading table will be available to browse. Bookings essential as a maximum of 40 seats are available.

 Connect Church Hall (behind the church)
135 Golf Links Road, Frankston

 10am–12pm


 Free


 Anne: 0478 733 020


Thursday 17 October continued


Explore your Family History

Mornington Peninsula Family History Society invites both beginners and those with more experience to visit our centre and explore our large collection of resources. We will have experienced researchers on hand to start you off or help you if you are stuck. Tea & Coffee available.

 Frankston South Community and Recreation Centre (FSCRC), 2/55 Towerhill Road, Frankston South


 11am–2pm


 Free

 Alison: 9783 7058


Frankston Street Art Walking Tour

Experience this national award-winning tour which showcases over 80 murals by local and international artists which bring the city's buildings and laneways to life. Wander the streets to discover iconic images of the Frankston's past, relive childhood imagery and celebrate Frankston's urban culture.

 Frankston Library Forecourt
60 Playne Sreet, Frankston


 11am–12.30pm


 Free

 1300 322 842


Walking Basketball

Walking Basketball is a low-impact, social and fun way to improve the levels of physical activity for inactive and slightly active Victorians including those recovering from injury.

 Frankston and District Basketball Association
90 Bardia Avenue, Seaford


 11am–12.30pm


 Free

 Tanya: 9776 8999

Frankston's Meals on Wheels Kitchen Tour

Come behind the scenes and join Frankston City Council's Meals on Wheels family to get a real understanding of the demand of a working kitchen and the value of our wonderful volunteers. Learn about the volunteer roles that support this program and how they might suit you.

 210 Beach Street, Frankston

 12–2pm

 Free

 Volunteer Officer, Frankston City Council: 9768 1624

Thursday 17 October continued

Active Movers at PARC

Come along to PARC and experience the benefits of our free Active Movers group exercise class. This fun class is designed for those who want a low intensity circuit workout. Great for beginners! Please present your Seniors Card on arrival before your class. Bookings essential.



PARC
16N Cranbourne Road, Frankston



12.10–1.10pm



Free



PARC: 9781 8444



Be Connected — Can You Spot A Scam?

According to Scamwatch, in 2022, Australians aged over 55 lost more than \$220 million to scammers. This is a reminder that the internet is a wonderful place to explore and connect with others, but it pays to be savvy. This one-hour presentation will explore common scams, how to spot them, what to do and where to go for help. There are two sessions being held at the same time; one at Frankston Library and the other at Carrum Downs Library.



Carrum Downs Library or Frankston Library



3–4pm



Free




Carrum Downs Library: 8773 9539 or
Frankston Library: 9784 1020



Friday 18 October


Morning Tea and Guest Speaker — Frankston Combined Probus Club

Join this welcoming club for a lovely morning tea and enjoy an interesting and entertaining guest speaker. This club offers many varied activities and outings while keeping active and making new friends.

 Frankston Bowls Club
Corner of Yuille and Williams Street, Frankston


 9.30am–12pm

 Free

 Leah: 0450 916 366


Coffee, Cake and Culture

Nairm Marr Djambana's gathering place is a welcoming safe place to improve Aboriginal health, cultural, recreation and social activities. Nairm Marr Djambana is going to open its doors for Coffee, Cake and a conversation with Gathering Places' staff and community. This is a unique opportunity to learn about one of Frankston's culturally significant places. Limited spaces, bookings essential.

 Nairm Marr Djambana — Gathering by the bay
32 Nursery Avenue, Frankston

 10am–12pm

 Free

 Administration Officer, 9783 1521

Saturday 19 October

Come and Try Croquet

Frankston Croquet Club is a small welcoming club where members are willing to show you how to play this very friendly game. All equipment will be supplied, just wear flat soled shoes.

 Frankston Croquet Club
61N Nolan Street, Frankston

 10am–2pm

 Free

 Fay: 0407 342 561

Open Studio and Art Exhibition

Peek inside the studios of Peninsula Arts Society, home to an inspiring program of art classes and workshops. A spectacular weekend-long display of affordable paintings, drawings, unique textile creations, children's art and live art demonstrations. Free entry, tea and coffee. Easy parking. Disabled access. Friendly, welcoming atmosphere.

No booking required.

 Peninsula Arts Society
159 Overport Road, Frankston South


 10am–5pm


 Free


Saturday 19 October continued

Saturday Movie Matinee

Block out your Saturday afternoon for a screening of a new release or classic film. Contact the Library to find out the titles for each week. Free popcorn and water for all attendees.

 Frankston Library, 60 Playne Street, Frankston

 12–2pm

 Free

 Frankston Library: 9784 1020

Sunday 20 October

Open Studio and Art Exhibition

Peek inside the studios of Peninsula Arts Society, home to an inspiring program of art classes and workshops. A spectacular weekend-long display of affordable paintings, drawings, unique textile creations, children's art and live art demonstrations.

Free entry, tea and coffee. Easy parking. Disabled access.

Friendly, welcoming atmosphere.

No booking required.


 Peninsula Arts Society
159 Overport Road, Frankston South


 10am–5pm

 Free

Tai Chi in the Forecourt

Come along on Sundays throughout the Festival to practice Tai Chi. Tai Chi is a gentle way to improve strength, flexibility and balance.

 Frankston Library
60 Playne Street, Frankston


 11am–12pm


 Free

 Frankston Library: 9784 1020


Sri Lankan Seniors Cultural Event

The Carrum Downs Sri Lankan Seniors warmly invite you to celebrate Sri Lankan culture with traditional dancing and songs. This is an opportunity to have some fun with this vibrant group and enjoy afternoon tea.

 A.H. Talbot Hall
6R Broughton Street, Seaford

 3–4pm

 \$5


 Rohini: 0402 109 536

Monday 21 October

Musical Entertainment by Ron Kingston

Come and join singer and guitarist Ron Kingston for a wonderful afternoon of entertainment. Ron has performed in casinos in Las Vegas, resorts in Asia and the Middle East and cruise ships across the Caribbean and Europe. The show will be followed by light refreshments. Limited numbers and bookings are essential.

 Greenways Retirement Village
330 Frankston-Dandenong Road,
Seaford

 2–3.30pm

 Free

 Greenways Retirement Village:
9786 8679



Tuesday 22 October

Friends at First Sight — Women's Kitchen and Garden Program at Government House

Friends at First Sight events are for those seeking new social connections and as such you can only book ONE ticket. As adults, opportunities to connect and make new friends can be few and far between so this is a chance to connect with other local women.

This is a two-part event; the first session will be on the 22nd of October and the second, on the 29th of October. You will be automatically booked into the second session when you book the first. Please ensure you are able to make both sessions.

Enjoy the magnificent grounds and gardens of Government House, a tour of the splendid State Apartments, an opportunity to cook using the produce from the kitchen garden and of course, enjoy the food. Other activities may include, foraging for plants and flowers to create stunning floral arrangements, learning to craft hanging baskets, and propagating plants.

Spaces are limited and bookings are essential.

 Meet at 8.15am at Frankston Arts Centre (FAC)
27-37 Davey Street, Frankston

 Bus returns to FAC at approximately 3.30pm

 Free

 trybooking.com/CTZKV or call Council, 1300 322 322

Tuesday 22 October continued

Frankston Street Art Walking Tour

Experience this national award-winning tour which showcases over 80 murals by local and international artists which bring the city's buildings and laneways to life. Wander the streets to discover iconic images of the Frankston's past, relive childhood imagery and celebrate Frankston's urban culture.

 Frankston Library Forecourt
60 Playne Sreet, Frankston

 11am–12.30pm

 Free

 1300 322 842

Active Movers at PARC

Come along to PARC and experience the benefits of our free Active Movers group exercise class. This fun class is designed for those who want a low intensity circuit workout. Great for beginners! Please present your Seniors Card on arrival before your class. Bookings essential.

 PARC, 16N Cranbourne Road, Frankston

 12.10–1.10pm

 Free

 PARC: 9781 8444

Engaging in Healthy Ageing Research — Online Webinar

Join an online webinar with the National Centre for Healthy Ageing. Hear about our exciting local projects, meet some of our researchers, and discover how you can help improve healthy ageing in our region.

 Online — details will be provided upon booking

 1–2pm

 Free

 events.humanitix.com/ncha-webinar
or call 9788 1722

Walking Football (Soccer)

Walking football is played indoors and is a modified, slower version of the world game designed for seniors to have fun, be active and inclusive. No playing experience required but ability to walk is essential.

 Frankston South Community and
Recreation Centre (FSCRC)
2/55 Towerhill Road, Frankston South

 1–2pm

 Free

 FSCRC: 9293 7122



Tuesday 22 October continued

Chatty Café

Come along and join our friendly Chatty Café volunteer for a casual conversation about anything and everything. The Chatty Café aims to bring members of the community together, instigate some friendly conversation and help combat any feeling of loneliness or isolation people may be feeling.

No booking required.

 Frankston Library, 60 Playne Street, Frankston

 1.30–3.30pm

 Free

 Frankston Library, 9784 1020

Wednesday 23 October

Tai Chi at PARC

Tai Chi is a non-competitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring the body is in constant motion.. Please present your Seniors Card on arrival before your class. Bookings essential.

 PARC, 16N Cranbourne Road, Frankston

 8.30–9.15am


 Free

 PARC: 9781 8444

Heritage Frankston

Heritage Frankston is our local history online platform. This exciting resource gives you online access to historical photographs, oral history, newspapers and manuscripts. Come along to our session and learn how to access and contribute to Heritage Frankston. See how this resource will help to preserve our local history and find out how you can add to the Frankston story.

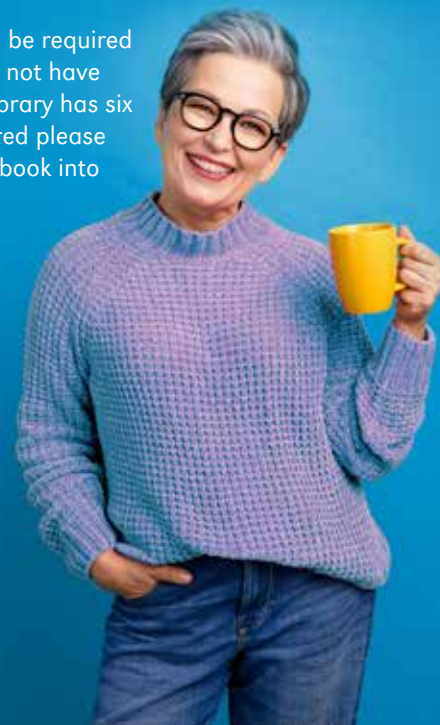
Your personal laptop will be required for this session. If you do not have access to a laptop, the library has six laptops for loan. If required please book a laptop when you book into the session.

 Frankston Library
60 Playne Street,
Frankston

 10.30am–12pm

 Free

 Frankston Library:
9784 1020



Wednesday 23 October continued

Dance Class Series for Beginners — Class Three

An exciting opportunity to learn how to dance, socialise, and stay active with our free dance classes! New to the dance floor? No problem. Receive expert instruction from Susan of Showbiz Dance Studio, who has designed the classes to be fun and inclusive.

Throughout the Festival, there will be one class every Wednesday for three weeks and an evening social dance in the last week so you can let loose with your new skills and friends. You can choose to attend one or all three classes. There will be a chance to socialise over a cuppa after each class.

In this final class, you will be taught beginner level Evening Three Step and Progressive Barn Dance. Please do not wear backless shoes.



Bruce Park Hall
1/19N Bondi Ave, Frankston



1.30–2.30pm



Free (Bookings are essential)



trybooking.com/CTBIP or phone Council
on 1300 322 322

Thursday 24 October

Cuppa and Chat with a Sensory Garden Experience

Connect with others over a cuppa, a chat, and an experience in the Garden For Life sensory garden. Feel free to pick your favourite sensory herb or flower to take home. Entry price includes a welcome cuppa and cookie.

Further refreshments available at modest café prices.

Places limited, bookings essential.



Coffee on Kareela
Community Café
53 Kareela Avenue
Frankston East



10am–12pm



\$4



Liz:
0401 523 875



Thursday 24 October continued

Explore your Family History

Mornington Peninsula Family History Society invites both beginners and those with more experience to visit our centre and explore our large collection of resources. We will have experienced researchers on hand to start you off or help you if you are stuck. Tea and Coffee available.

 Frankston South Community and Recreation Centre (FSCRC)
2/55 Towerhill Road, Frankston South

 11am–2pm

 Free

 Alison: 9783 7058

Walking Basketball

Walking Basketball is a low-impact, social and fun way to improve the levels of physical activity for inactive and slightly active Victorians including those recovering from injury.

 Frankston and District Basketball Association
90 Bardia Avenue, Seaford

 11am–12.30pm


 Free

 Tanya: 9776 8999

Active Movers at PARC

Come along to PARC and experience the benefits of our free Active Movers group exercise class. This fun class is designed for those who want a low intensity circuit workout. Great for beginners! Please present your Seniors Card on arrival before your class.

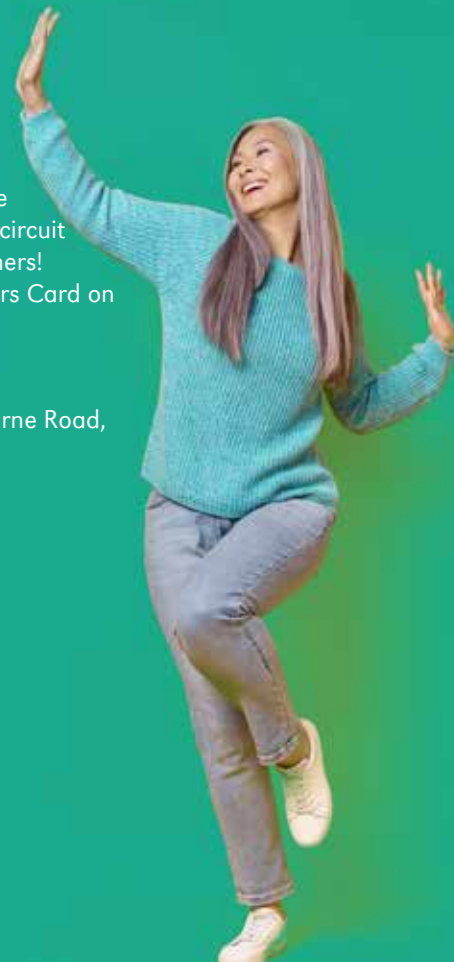
Bookings essential.

 PARC, 16N Cranbourne Road,
Frankston

 12.10–1.10pm

 Free

 PARC: 9781 8444





Friday 25 October

Friends at First Sight — Men's Fishing at Mornington Pier

Friends at First Sight events are for those seeking new social connections and as such you can only book ONE ticket. As adults, opportunities to connect and make new friends can be few and far between so this is a chance to connect with other blokes whilst casting a line. No experience or equipment needed. You'll be in good hands with FishCare Victoria. We'll provide transport from Frankston, including the return trip and provide a delicious fish and chips lunch. Bookings limited.


Note — Please wear closed-toe shoes, sunscreen and dress for the weather.

-  Meet at 8.45am at Frankston Arts Centre (FAC)
27-37 Davey Street, Frankston
-  Bus returns to FAC at approximately 1pm
-  Free
-  trybooking.com/CTIDP or call Council: 1300 322 322

Friday 25 October continued


Social Connection Talk and Lunch

Join our LinC Workers in our relaxed space at the Frankston Mental Health and Wellbeing Local as they discuss the importance of social connection in maintaining our wellbeing and reducing loneliness in our community. This will be followed by an opportunity to meet new people and chat over a light lunch. Bookings preferred.

 454 Nepean Highway, Frankston

 10.30am–12.30pm


 Free

 Jo: 0468 540 767


Wingham Park Senior Exercise Space

Looking for an exciting way to stay active and connect with others? The Wingham Park Senior Activity Space is an outdoor activity space with stations specifically designed to reduce the risk of falls. Each movement helps improve balance, strength, functional movement and mobility. Our friendly trained volunteers will show you how to use the equipment safely and feel free to stay for a chat and a FREE coffee afterwards!

 Wingham Park, 103 Ashleigh Avenue, Frankston

 10.30–11.30am


 Free


 trybooking.com/CJIRE or call Johanna: 0438 902 205


Saturday 26 October


Multicultural Celebrations at Orwil Street Community House Inc.

Celebrate International Day for Older persons at Orwil Street Community House Inc with the Chinese Seniors of Frankston Club and South American Senior Citizens. The Clubs are banding together to offer a Tai Chi demonstration and a delicious South American BBQ with accompanying music!

 Orwil Street Community House Inc.
16 Orwil Street, Frankston


 11am–2pm


 Free


 Karen, 9783 5073

Saturday Movie Matinee

Block out your Saturday afternoon for a screening of a new release or classic film. Contact the Library to find out the titles for each week. Free popcorn and water for all attendees.

 Frankston Library
60 Playne Street, Frankston

 12–2pm


 Free


 Frankston Library: 9784 1020

The Piano Men: The Songs of Elton John and Billy Joel

Stella Young TV Award winner, Carol O'Halloran will be our MC at the Festival's highlight event, The Piano Men: The Songs of Elton John and Billy Joel. Immerse yourself in the timeless music of two legendary artists. This spectacular show will bring their iconic songs to life with passion and flair.

Get ready to dance and sing along with a full 7-piece live showband, The Piano Men is a celebration of the greatest songs of all time! Uptown Girl, Only the Good Die Young, Piano Man, My Life, Tiny Dancer and I'm Still Standing just to name a few. Don't miss this opportunity to experience the songs of the two best Piano Men in the one show!

 George Jenkins Theatre
Monash University Peninsula Campus
Monash University, 47-49 Moorooduc Hwy, Frankston

 Doors will open at 3.15pm and refreshments will be available for purchase at the café

Event will begin at 4pm and conclude at approximately 6.15pm.

Warning: mild strobe light effects and synthetic haze will be used during this performance

 Free but bookings are essential

 monash.edu/performing-arts-centres/whats-on/
or call Monash box Office Enquiries on 9905 1111

Saturday 27 October

Come and try Masters Athletics

Have you been thinking about putting on those runners for a walk or a jog?

Then consider joining us for walk or run around the trails of Ballam Park. All abilities are welcome.

We will provide a free cooked breakfast after the event.

 Ballam Park Athletic Track
carpark Benanee Drive,
Frankston

 9-11am

 Free


 David:
0498 717 245




Saturday 27 October continued

Joy of the Earth Community Garden Open Day

Joy of the Earth Community Garden will be open to demonstrate how community gardens provide the opportunity for people to grow their own food and support the wider community through produce donations.

 Joy of the Earth Community Garden
15r Joy Street, Frankston (behind the kindergarten)


 10am–2pm

 Free

Tai Chi in the Forecourt

Come along on Sundays throughout the Festival to practice Tai Chi. Tai Chi is a gentle way to improve strength, flexibility and balance.

 Frankston Library, 60 Playne Street, Frankston

 11am–12pm

 Free


 Frankston Library: 9784 1020




Monday 28 October


Frankston Street Art Walking Tour

Experience this national award-winning tour which showcases over 80 murals by local and international artists which bring the city's buildings and laneways to life. Wander the streets to discover iconic images of the Frankston's past, relive childhood imagery and celebrate Frankston's urban culture.

 Frankston Library Forecourt,
60 Playne Street, Frankston

 11am–12.30pm


 Free

 1300 322 842


Festival Book Club — Discussion Session

Did you attend our introductory session and receive your copy of the book? Now it's time for the sequel! Come back and share your thoughts. Reacquaint yourself with fellow club members, and dive into lively discussions.

 Frankston Library (Long Room), 60 Playne Street, Frankston

 1.30–2.30pm


 Free, bookings essential

 trybooking.com/CTHEO or call Council 1300 322 322

Tuesday 29 October


Indoor Craft Market

This vibrant indoor market has a variety of handcrafted items and stalls including bags, soap, plants, sweet treats and fantastic raffles. There will also be a sausage sizzle and your first cup of barista coffee tea or hot chocolate is free!

 Long Island Retirement Village
1 Overton Road, Seaford

 10am-1.30pm

 Free

 Robyn: 0438 594 970





Duet Arts: Moments of Joy and Connection for people living with Dementia


Positive Ageing is excited to partner with Playable Streets for the Duet Arts Initiative, to bring you these workshops that use technology and music to create moments of joy and connection for people living with dementia. Please join us for an interactive workshop showcasing Playable Streets' innovative devices, promoting play and collaboration through physical and social connections.


Morning tea will be provided.

Please note, there are two session times to choose from.

 Cube 37
25-37 Davey Street
Frankston

 First session: 10.30-11am
Second session: 11.30am-12pm

 Either in person at FAC, via
phone 9784 1060 or
thefac.com.au

 For more information, contact
Johanna, Positive Ageing
Team Leader: 0438 902 205

Tuesday 29 October continued

Active Movers at PARC

Come along to PARC and experience the benefits of our free Active Movers group exercise class. This fun class is designed for those who want a low intensity circuit workout. Great for beginners! Please present your Seniors Card on arrival before your class. Bookings essential.

📍 PARC, 16N Cranbourne Road, Frankston

🕒 12.10–1.10pm

💰 Free

📞 PARC, 9781 8444

Walking Football (Soccer)

Walking football is played indoors and is a modified, slower version of the world game designed for seniors to have fun, be active and inclusive. No playing experience required but ability to walk is essential.

📍 Frankston South Community & Recreation Centre (FSCRC)
2/55 Towerhill Road, Frankston South

🕒 1–2pm

💰 Free

📞 FSCRC: 9293 7122

Chatty Café

Come along and join our friendly Chatty Café volunteer for a casual conversation about anything and everything. The Chatty Café aims to bring members of the community together, instigate some friendly conversation and help combat any feeling of loneliness or isolation people may be feeling.

No booking required.

📍 Frankston Library
60 Playne Street, Frankston

🕒 1.30–3.30pm

💰 Free

📞 Enquiries: 9784 1020



Wednesday 30 October


Tai Chi at PARC

Tai Chi is a non-competitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring the body is in constant motion. Please present your Seniors Card on arrival before your class. Bookings essential.

 PARC,
16N Cranbourne Road,
Frankston

 8.30–9.15am

 Free

 PARC,
9781 8444




Financial Information: Home Equity Options and Aged Care Services

Join us for a financial information session regarding Home Equity mortgages and aged care services with local Aged Care Specialists and Financial Information officers from Services Australia.

The following topics will be covered: Home Equity Access Scheme, Reverse Mortgages and Aged Care.

Frankston's Aged Services – Community Care will also be present and staff will be there to answer any of your questions.

 Jubilee Park Stadium.
83R-85R Hillcrest Road, Frankston
Enter the stadium via Gate 1 at the roundabout on Hillcrest Road and Leawarra Parade

 10am–12.30pm

 Free





 trybooking.com/CTIDH or call Council: 1300 322 322



Wednesday 30 October continued





Polish Culture and Modern Australian Society

The Polish Seniors Club warmly invites to come and sample traditional Polish foods, arts, crafts and music as well as enjoying a display reflecting the input of Polish culture to modern Australian Society. Bookings required.

-  Leawarra House, 200 Beach Street, Frankston (enter via the side door facing Beach Street)
-  12.30–2.30pm
-  Free
-  Dominika: 0468 640 786 or Margaret: 0438 638 869

Social Dance

Join us for a fun-filled social dance! This event is open to every senior whether you're a beginner or a seasoned dancer, come enjoy a lively evening of music, movement, and connection. If you attended any of the dance classes, this event is the perfect opportunity to show off your newly acquired skills and dance with new friends! Don't miss out on the chance to celebrate your progress and share the joy of dance with our vibrant community! Please do not wear backless shoes.

-  Bruce Park Hall, 1/19N Bondi Ave, Frankston
-  6.30–8.30pm
-  Free (Bookings are essential)
-  trybooking.com/CTBIP or phone Council on 1300 322 322

Thursday 31 October


Cuppa and Chat with Musical Melodies

Enjoy a cuppa whilst listening to live music with our acoustic musicians. Sing along and reminisce over songs through the decades. Entry price includes a welcome cuppa and cookie. More refreshments available at modest café prices. Places limited, bookings essential.

-  Coffee on Kareela Community Café
53 Kareela Avenue, Frankston East
-  10am–12pm
-  \$4
-  Liz: 0401 523 875

Singing for Fun

Come and join us for a sing-along at Long Island Retirement Village. We will be singing a range of happy and upbeat songs and please stay for a coffee and a chat afterwards! Everyone is welcome – if you can talk, you can sing!

-  Long Island Retirement Village
1–3 Overton Rd, Seaford VIC 3198
-  10.30–11am Sing-along, followed by morning tea
-  \$5
-  Please contact Marilyn: 0409 787 730

Thursday 31 October continued

Explore your Family History

Mornington Peninsula Family History Society invites both beginners and those with more experience to visit our centre and explore our large collection of resources. We will have experienced researchers on hand to start you off or help you if you are stuck. Tea and Coffee available.

📍 Frankston South Community and Recreation Centre (FSCRC)
2/55 Towerhill Road, Frankston South

🕒 11am–2pm

💰 Free

📞 Alison: 9783 7058

Active Movers at PARC

Come along to PARC and experience the benefits of our free Active Movers group exercise class. This fun class is designed for those who want a low intensity circuit workout. Great for beginners! Please present your Seniors Card on arrival before your class. Bookings essential.

📍 PARC, 16N Cranbourne Road,
Frankston

🕒 12.10–1.10pm

💰 Free

📞 PARC, 9781 8444



Positive Ageing at Frankston City Council

The Positive Ageing Team at Frankston City Council supports the community throughout the year, not just during Seniors Festival. Other initiatives from the team include:

- Positive Ageing Together Newsletter
- Promoting seniors rights and elder abuse awareness
- Age Friendly Frankston Ambassadors
- Supporting local seniors clubs and groups
- Promoting volunteering opportunities
- Wingham Park Senior Exercise Equipment Sessions

Information correct at the time of printing
(August 2024)



Frankston City Council
PO Box 490
Frankston VIC 3199
Phone: 1300 322 322
info@frankston.vic.gov.au
frankston.vic.gov.au

