

Positive Ageing Together Newsletter



August / September 2022

Lifestyle Capital of Victoria

Welcome to the fourth edition of the Positive Ageing Together Newsletter for 2022

Hopefully we have now seen the last of the arctic winter weather conditions, which is lucky because there is a lot to see and do in Frankston this August and September!

With help from readers of this newsletter, more of the Seniors Friendly Small Businesses have been announced which are all listed on page 9. We encourage you to try them out and see what you think.

New eligibility requirements for the COVID-19 fourth dose booster vaccine have been announced and you can find more information on page 8. You can also see the new opening hours for the Frankston Vaccination Hub on page 7.

If you have any ideas you would like to submit or have events and activities you would like to promote throughout this year, please contact the Positive Ageing Team by emailing PositiveAgeing@Frankston.vic.gov.au or call 9768 1324.

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Melbourne Adult Migrant English Program – Volunteer wanted

The Melbourne Adult Migrant English Program (AMEP) through the Volunteer Tutor Scheme is recruiting Volunteer Tutors to support newly arrived refugees and migrants to practice English skills remotely and ensure they remain connected minimising the risk of increased social isolation at this time



Volunteering as a tutor gives you the opportunity to:

- help refugees and migrants learn English and become part of the Australian community
- meet people from a wide range of backgrounds
- develop new skills
- learn about other languages and cultures
- become part of a dynamic and committed volunteer team

You need to be able to:

- Speak and write English well
- Relate to people from different cultural backgrounds
- Empathise with people facing the task of settling in a new country
- Commit one or two hours per week

For more information please visit melbourneamep.com.au or call 9269 1514

Information session

Here you will have the opportunity to meet with other volunteers, learn more about the VTS and discuss aspects of the training.

When: Wednesday 3 August 6.30pm—7.15pm

Where: Online

Cost: Free – Bookings Essential

Bookings: To book, please visit eventbrite.com.au/e/melbourne-amep-volunteer-tutor-information-session-3-tickets-309199693607

FrankTALK with Vikki Petraitis

Join us for a FrankTALK with award winning author, Vikki Petraitis. **The Unbelieved** is the Winner of the inaugural Allen & Unwin Crime Fiction Prize. This is Vikki Petraitis first crime fiction novel.



About the book: When Senior Detective Antigone Pollard moves to the coastal town of Deception Bay, she is still in shock and grief. Back in Melbourne, one of her cases had gone catastrophically wrong, and to escape the guilt and the haunting memories, she'd requested a transfer to the quiet town she'd grown up in.

Vikki contributes to most major True Crime podcasts, is a regular speaker on the crime circuit, and has written several published true crime books. *The Unbelieved* and Vikki's other bestselling titles can be purchased on the night thanks to Robinsons Bookshop

When: Thursday 4 August 7pm – 8pm

Where: Frankston City Libraries, 60 Playne Street, Frankston

Cost: Free – Bookings Essential

Bookings: To book, please visit library.frankston.vic.gov.au/FrankstonLibraries/Events/Vikki-Petraitis or call 9784 1020

Guest speakers at U3A Frankston

Downsizing & Decluttering. Friday 5 August, 1.00pm. Presenter: Julia Dyer.

Bee Beautiful: Wednesday 10 August, 11.15am. Presenter, Chris Daffy returns with his very popular presentation. Includes honey tasting!

Journey of a Lost Manuscript. Thursday 8 September. Presenter: Author & bookshop owner: Lorraine Smith.

Measuring the Universe. Tuesday 11 October, 2.45pm. Presenter is inventor & physicist, Tony Heyes.

For more information please visit u3af.org.au/members/courses

Where: Karingal Place, 103 Ashleigh Avenue, Frankston

Cost: \$2 for non members – Bookings Essential

Bookings: To book, please call the U3A Frankston office on 9770 1042

Book Chat

Join one of the Librarians, and a small group of locals, for a relaxed and informal chat about your favourite books at Frankston Library. What a way to spend a Sunday afternoon!

When sharing with others, we can hear different ideas, get information about the latest and most popular authors, or be inspired to try something new.

You are welcome to join in the chat or to just come and listen.

When: Sunday 7 August 3.30 – 4pm

Sunday 14 August 3 – 5pm

Sunday 21 August 3 – 4pm

Sunday 28 August 3 – 4pm

Sunday 4 September 3 – 4pm

Sunday 11 September 3 – 4pm



Where: Frankston City Libraries, 60 Playne Street, Frankston

Cost: Free – No bookings required

Enquiries: For more information visit <https://library.frankston.vic.gov.au/FrankstonLibraries/Events/Book-Chat-Frankston> or call 9784 1020

Alison Tedesco – Nothing into somethings

Alison Tedesco is a Frankston based Artist. In this exhibition, Nothings to Somethings she explores Frankston, bringing the overlooked corners of the city to the foreground, challenging the viewer to see beauty in the perceived ordinariness of suburbia.

When: Thursday 11 August to Saturday 5 November

Thursday to Friday 10am – 5pm

Saturday 9am – 2pm

Where: Frankston Arts Centre, 27-37 Davey Street, Frankston

Enquiries: for more information please visit artscentre.frankston.vic.gov.au/Whats-On/Art-Exhibitions/Alison-Tedesco



LGBTIQ+ Elders Dance Club

Rainbow elders and allies (of all ages) are invited to this fabulous free regular dance event that celebrates intergenerational inclusivity!

LGBTIQ+ elders and their allies are invited to this free monthly social event, to learn new dances, enjoy delicious catering and drinks, and interact with other LGBTIQ+ elders and allies.



When: Sunday 14 August 2pm – 4pm

Sunday 11 September 2pm – 4pm

Where: Collingwood Town Hall, 140 Hoddle Street, Collingwood

Cost: Free

Enquiries: For more information please visit allthequeensmen.net/projects/lgbti-elders-dance-club

Frankston Signal Box 100th Birthday

Frankston's iconic signal box is turning 100! Come along to celebrate, learn more about the signal box and hear from the Minister for Public Transport The Hon. Ben Carroll MP

When: Monday 22 August 10.30am

Where: Corner of Beach Street & Dandenong Road East, Frankston

The Mayor's family picnic

Returning in 2022, this day is all about having a good time and showcasing all Frankston City has to offer. Enjoy a range of free kids activities, musical performances, market stalls, activities and more.

When: Saturday 17 September 10am – 5pm

Where: Carrum Downs Recreation Reserve, Wedge Road, Carrum Downs

Cost: Free

Enquiries: For more information, please visit whatsonfrankston.com/event/15766832-a/mayors-family-picnic or call 1300 322 322

Letterbox Project

The letterbox project is a national pen pal program fostering connection and community, with handwritten letters being sent across Australia to people feeling isolated and disconnected.

The Letterbox Project is the only national program with management and safety embedded. They do not share any identifiable information, and all letters are vetted by their team. Every single letter for the duration of the pen pal communication is sent through our team and approved, allowing relationships and connection to thrive while ensuring everyone in our community is safe.



In the digital age, a handwritten letter is a beautiful reminder of the power of real connection. Something seemingly simple can have a profound and lasting impact - for both the recipient and the writer. Every letter makes a difference.

To join the letterbox project visit connectedau.com.au/letterbox-project-individuals-and-families

Frankston Nature Conservation reserve parkrun

A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!

It's free, but you need to register before you first come along. Only ever register with parkrun once and don't forget to bring a scannable copy of your barcode, if you forget it, you won't get a time.

When: Every Saturday 8am

Where: Frankston Nature Conservation Reserve, Jeremy Way, Frankston South

Enquiries: For more information and to register visit parkrun.com.au/frankstonnatureconservationres

Walking Basketball

Frankston and District Basketball Associations (FDBA) Walking Basketball program run Thursday mornings from 11am, 90 Bardia Ave Seaford. The program is FREE and tea, coffee and light snacks are provided after our program.

Basketball Victoria describes the program as a low impact, social and fun way to improve the levels of physical activity for inactive and slightly active people including those recovering from injury.

Walking Basketball is for participants across all ages, genders and abilities and helps maintain and improve health and decrease risk factors associated with sedentary behaviour. What makes Walking Basketball so fantastic is that everyone can play in this fun, slow paced, non-competitive environment.

For more information, please contact Tanya Thomas on 9786 8999 or email tanya.thomas@fdba.com.au



Frankston Vaccination Hub—New opening hours

Location: Level 1, Balmoral Building, Shannon Mall, Bayside Shopping Centre

Monday – Tuesday: 9.30am-5pm **Wednesday:** CLOSED **Thursday – Friday:** 11.30am-7pm
Saturday: 9.30am-5pm **Sunday:** CLOSED

Free parking is available for people getting vaccinated. Our staff will give you an exit pass to use as you leave. Please park in one of the Bayside Centre car parks. The closest parking is the undercover car park which can be accessed via Olsen Street St (off Beach St) or Balmoral St (off Young St).

Call **1800 675 398** to make a booking. You can also bookline via www.coronavirus.vic.gov.au/get-vaccinated

Please have your Medicare card and COVID-19 Digital Certificate when you arrive.

For people with a disability, please contact the Disability Liaison Officer team on 03 5971 9149 or 0434 819 268 or disabilityliaison@phcn.vic.gov.au to make a booking

Frankston Community Register

The Frankston Community Register is a fantastic service that enables police access to details that may be required in relation to an incident occurring to ensure your safety and security. This service is available for persons who are over 55 years or who may have a disability and reside in the Frankston City Council municipality.

The information is basic, Next of Kin etc. and is only accessed by police or if requested given to other emergency services in the event of an incident where that information is required for your safety or security.

Weekly or fortnightly check in calls from one of the volunteers at the community register is available upon request. A quarterly newsletter is also sent to all registrants.

For more information please contact the Frankston Community Register on 8770 4126 Monday to Friday 10am – 12pm or visit the office located in the entry of the Carrum Downs Police Station, 42 Ballarto Road, Frankston North

Winter dose COVID-19 vaccinations — Now available for people over 50

The Australian Technical Advisory Group on Immunisation (ATAGI) has approved a winter dose of COVID-19 vaccine to increase vaccine protection before winter, for people at greatest risk of severe illness from COVID-19.

Eligible people who have received their primary vaccination and third dose will be able to receive their COVID-19 vaccine winter dose. Those eligible are:

- adults aged 50 years and older
- residents of aged care or disability care facilities
- people aged 16 years and older who are severely immunocompromised (fifth dose)
- Aboriginal and Torres Strait Islander people aged 50 years and older.

They can receive their winter dose 3 months after receiving their third dose, or from 3 months after a confirmed COVID-19 infection, if infection has occurred since the person's third dose. ATAGI has advised people aged 30-49 years old can receive a fourth dose if they choose.

You can book a winter dose appointment online at portal.cvms.vic.gov.au or by calling the Coronavirus Hotline on 1800 675 398 from 8am to 8pm 7 days a week. You can also book your appointment at your local GP or pharmacy.

More Seniors Friendly Small Businesses

Council's Age Friendly Frankston Ambassadors are excited to announce even more Seniors Friendly Small Businesses!

These businesses have been nominated by people who want to share their favourite local gems, that they consider friendly, welcoming and accessible, particularly for older people. We encourage you to go and see for yourself.

- New Harvest, 111B Nepean Hwy, Seaford
- Towerhill Lotto, 5/145 Frankston-Flinders Rd, Frankston
- Seaford Hot Bread, 123 Nepean Hwy, Seaford
- Down the Street, 51 Foot St, Frankston
- Poppyseeds, 59 Wells St, Frankston
- Trims Restaurant, 40 Playne St, Frankston



To nominate a local business you consider to be Seniors Friendly, to see all Seniors Friendly Small businesses or for more information, please visit the following website, bit.ly/seniorsfriendlyfrankston or call the Positive Ageing team on 9768 1324

Frankston's Mental Health and Wellbeing Hub

The Frankston Mental Health & Wellbeing hub is operated by Mentis Assist.

Referrals to the Mental Health & Wellbeing Hub can be made by anyone, including yourself, by phoning Partners in Wellbeing on 1300 375 330. Hours are 9am - 10pm weekdays, or 9am - 5pm weekends. They can also be contacted via the website partnersinwellbeing.org.au

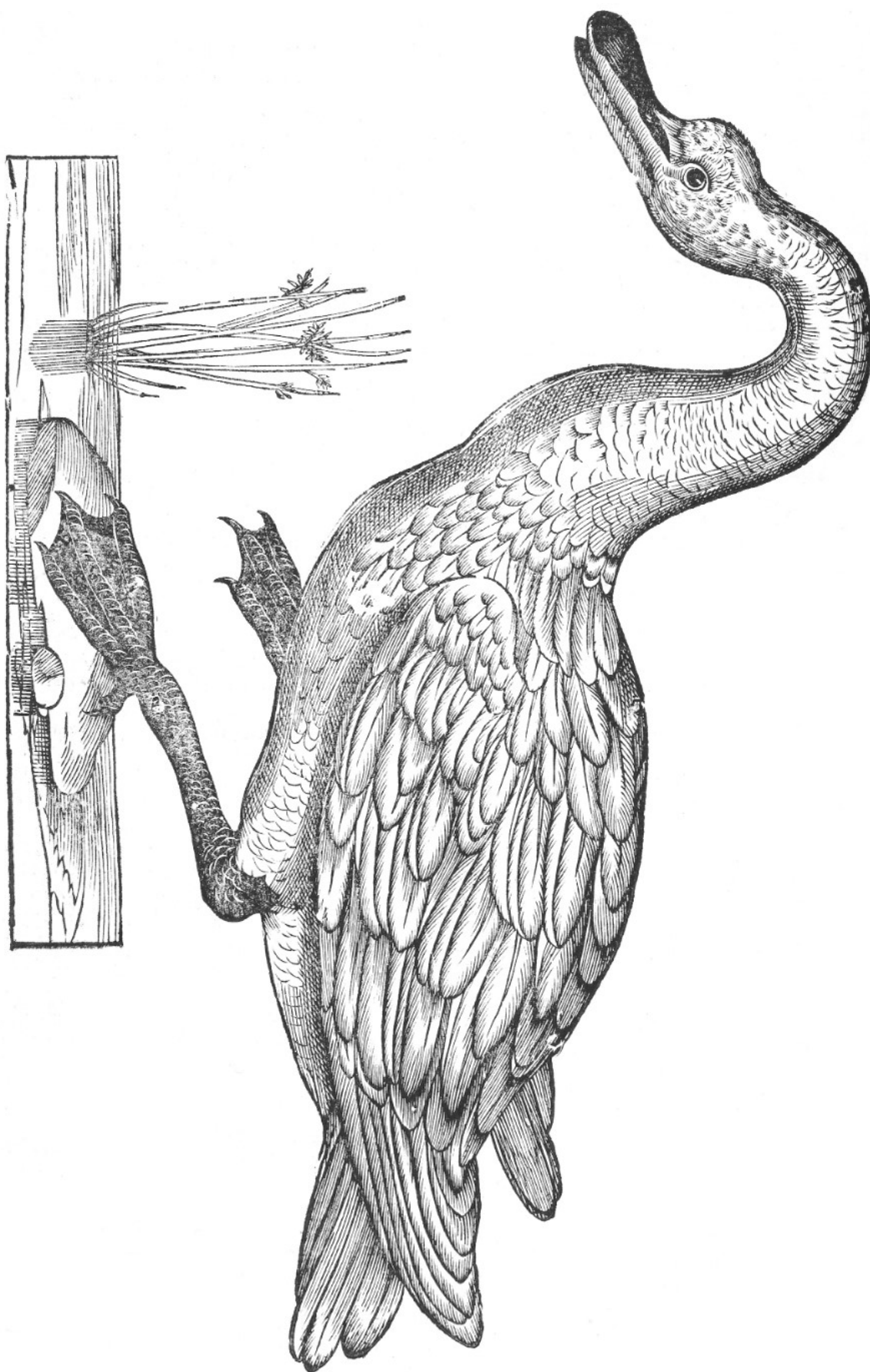
You can also drop into our Hub at 443 Nepean Highway Frankston, between 9am – 5pm weekdays, or phone 8792 4900 to talk to one of their Counsellors about your individual needs.

Location: 443 Nepean Highway, Frankston 3199

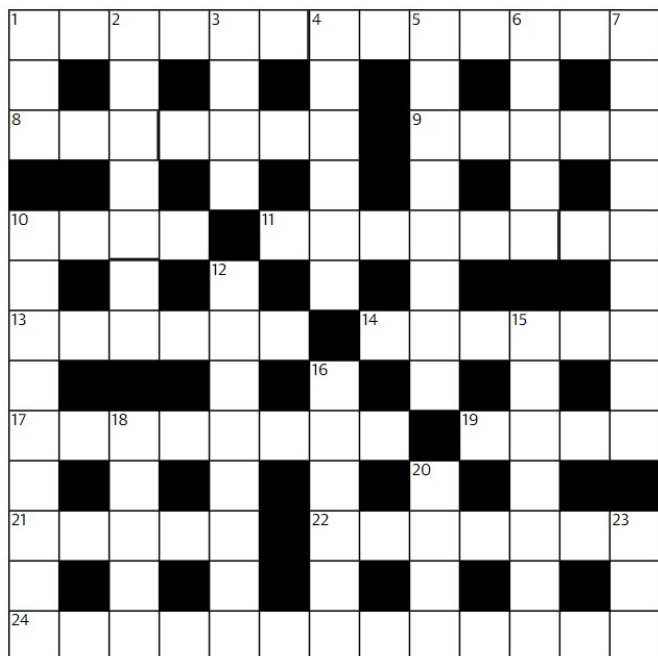
Opening Hours: Monday to Friday 8:30 am – 5:00pm

For more information about Frankston's Mental Health & Wellbeing hub, please visit mentisassist.org.au/covid-19/mental-health-wellbeing-hub

Mindfulness Colouring



Crossword – courtesy of theguardian.com (No. 16 275)



Across

- 1 Sympathy (6,7)
- 8 Don't kid yourself! (3,4)
- 9 Captured (5)
- 10 Rotate (4)
- 11 Enlisted – sort of writing? (6,2)
- 13 Servile dependant (6)
- 14 Ancient empire of south-west Asia, still known for cats and carpets (6)
- 17 Strangle (8)
- 19 Former German currency (4)
- 21 Disorderly fight (5)
- 22 Incentives to action (7)
- 24 Very unusual (13)

Down

- 1 Seed-packed fruit (3)
- 2 Subsequently (5,2)
- 3 Without concealment (4)
- 4 Go after (6)
- 5 Stretched out (8)
- 6 Annoyed (5)
- 7 Ship-to-shore connection (9)
- 10 Schedule (9)
- 12 Spanish omelette (8)
- 15 Shoulder blade (7)
- 16 Not so far away (6)
- 18 Criticise severely (informal) (5)
- 20 Fruit – bird (4)
- 23 Clinging plant (3)

Sudoku

Fill in the numbers 1 to 9 exactly once in every row, every column and in every 3 x 3 grid.

Sudoku #1 – easy

Sudoku #2 – intermediate

4		9		2				6
				7				
				9	1		3	2
8		1			9		7	
5		2				9		4
	6		8			3		1
7	4		3	1				
				8				
3				6		5		7

	8	4			7		1	
	9				5			3
		7	4		2	8	5	
		8	2	4				
				1	8	4		
	2	1	7		4	6		
				8			2	
	4		9			1	8	

Answers

1	F	E	L	L	3	O	W	4	F	E	5	E	L	6	I	N	7	G
	I		A		P		O		X		R		A					
8	G	E	T	R	E	A	L		9	T	A	K	E	N				
			E		N		L		E		E		G					
10	T	U	R	N		11	J	O	I	N	E	D	U	P				
	I		O		12	T		W		D								L
13	M	I	N	I	O	N		14	P	E	R	15	S	I	A			
	E				R		16	C		D		C		N				
17	T	H	18	R	O	T	T	L	E		19	M	A	R	K			
	A		O		I		O		20	K		P						
21	B	R	A	W	L		22	S	T	I	M	U	L	23	I			
	L		S		L		E		W		L							V
24	E	X	T	R	A	O	R	D	I	N	A	R	Y					



Sudoku #1 – Easy

4	8	9	5	2	3	7	1	6
1	2	3	6	7	8	4	5	9
6	5	7	4	9	1	8	3	2
8	3	1	2	4	9	6	7	5
5	7	2	1	3	6	9	8	4
9	6	4	8	5	7	3	2	1
7	4	6	3	1	5	2	9	8
2	9	5	7	8	4	1	6	3
3	1	8	9	6	2	5	4	7

Sudoku #2 – Hard

5	8	4	3	6	7	9	1	2
6	9	2	1	8	5	7	4	3
1	3	7	4	9	2	8	5	6
7	6	8	2	4	9	5	3	1
4	1	9	5	7	3	2	6	8
2	5	3	6	1	8	4	7	9
8	2	1	7	3	4	6	9	5
9	7	6	8	5	1	3	2	4
3	4	5	9	2	6	1	8	7

Get in touch!

Mail – Frankston City Council, Positive Ageing, 30 Davey Street, Frankston 3199

Email – PositiveAgeing@Frankston.vic.gov.au

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