

Positive Ageing Together Newsletter

February/March 2024



Lifestyle Capital of Victoria

Welcome to the first edition of Positive Ageing Newsletter for 2024

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The year is in full swing and there are a wide range of events and activities happening across our amazing City of Frankston.

We hope that the Positive Ageing Newsletters continue to inform you of local events and keep you connected to your community .

In 2023, the Frankston Seniors Festival was held from the 2nd-31st October and by all accounts it was enjoyed by many of you. In fact, **2 710** people attended **115** events across the month and **101** events were free of charge! The festival featured a diverse program spanning live music, dance performances, art exhibitions, day trips, multicultural events and interactive workshops. This variety ensured there was something for everyone, catering to different interests within the senior community.

If you've never attended a Senior Festival event but have been contemplating it, perhaps the following will serve as inspiration... ***91 year old Frank had received the Seniors Festival program for many years but did not feel comfortable attending events as he was on his own. This year when he saw the Planes and Automobile day trip, he decided it was time. He certainly didn't regret it. Frank had a fantastic day visiting places he would not have normally have had a chance to go to and making new friends along the way.***

Be like Frank and join us at next year's Frankston Seniors Festival! Special thanks to all the club, groups and organisations that generously hosted events. The Festival would not be possible without you.

If you did attend an event, we would appreciate your feedback! It's just a short survey that can be completed by following this link www.surveymonkey.com/r/TL6V8RD

Frankston City Council acknowledges and pays respect to the Bunurong people , the Traditional Custodians of these lands and waters.

If you have any ideas you would like to submit or have events and activities you would like to promote, please contact the Positive Ageing Team by emailing PositiveAgeing@frankston.vic.gov.au or call 0438 902 205

Seniors News

Millions of high risk Australians are not getting the recommended vaccinations against COVID, the flu, shingles and pneumococcal disease according to the new Grattan Institute report.



Less than half of Australians in their 70's are vaccinated for shingles, as little as one in five are vaccinated for pneumococcal disease and only 27% of high risk adults have been vaccinated for COVID. The report has found that if you don't speak English at home, you are only half as likely to get the recommended COVID vaccination as the average Australian. If you are Indigenous, you are a third less likely. The Grattan report shows a policy reset to encourage more Australians to get vaccinated would likely save lives.

Vaccines available in Australia have been tested for safety and efficacy and have been found to be low risk, protect people from serious illness and also take the pressure of the health system.

The Australian Government funds some immunisations for older people under the National Immunisation Program (NIP). You can book a vaccine appointment at a range of health services such as your GP or local pharmacist.

Introduction to Volunteering - Free Volunteering Information Session

This workshop will be facilitated by Volunteering Victoria, and covers an overview of volunteering in Australia. It outlines the social and wellbeing benefits of beginning in a volunteer role.



Topics covered include: Volunteering – what is it?, Health and Wellbeing benefits, Active ageing and social connectedness along with planning and getting started in volunteering. Information for Council volunteer opportunities will also be available following the session.

When: Monday 26th February from 10.30am – 11.30am

Where: Frankston - (Room advised upon RSVP)

Contact: RSVP Essential: Phone: 9768 1407 to reserve your place or

Email: impactvol@frankston.vic.gov.au by Monday 19th February at midday

Impact Volunteering is a Frankston City Council run program that supports individuals and organisations across Frankston City and the wider community. Impact Volunteering offers a range of initiatives, providing support and resources for volunteers in our community.

Web: www.frankston.vic.gov.au/impactvol

New Multicultural Dementia Care & Support Centres

Three new Dementia Wellbeing Centres have been opened as part of Federal Government Funding “Improving Respite Care for People with Dementia and Their Carers”

Multicultural Dementia Care and Support Centres are located in Metro Melbourne and Greater Geelong areas. Transport is available on request.

The centres will provide, at no cost, comprehensive support and education to individuals and their carers who are living with dementia through 5 respite sessions.

There are certain criteria that need to be met to be eligible and an Assessment Process that needs to be completed to better customize the program.

If you would like further details please contact : sah@amcservices.org.au or call (03) 9689 9170



Community Centre News

Belvedere Community Centre is now located within the Healthy Futures Hub at 151 East Road Seaford.

They have some exciting new programs in 2024 as well as many old favourites:

Creative Connections - bring your creative project; art, drawing, painting, sewing or craft and work on it while enjoying the company of others.

When: Tuesdays 9:30am - 11:30am, \$5 a session.

Craft N Cuppa - BYO craft project.

When: Monday 9:30am - 11:30am, \$5 a session.

Fit after Fifty - a great way to keep active, have fun and socialise.

When: Monday and Thursday 9:30am - 10:30am, \$6 a session.

Agestrong - by referral only.

When: Monday and Thursday 11:00am - 12:00pm \$6 a session

Games Galore - enjoy Mahjong, Rummy-O, Scrabble and more.

When: Mondays 12:00pm - 2:00pm, \$5 a session.



Ebdale Community Hub & Learning Centre is hosting the Low Vision Group which is run by Vision Australia.

They have a gentle exercise program followed by different activities like gardening ,walking group ,craft ,cooking, scrabble, music appreciation day, special celebration , memory games like crossword, trivia and quiz games.

When: Every Tuesday 10 am to 2 pm.

Where: Ebdale Community Hub, 20 Ebdale Street, Frankston

Contact: Vision Australia 03 8791 0200



Lyrebird Community Centre strives to meet the ever changing community needs of the Carrum Downs, Skye, and Sandhurst areas by continually providing new and exciting ideas that bring the community together. The Centre offers a range of programs and activities such as basic computer , walking groups and game play.

New in 2024 is **Walking Soccer**

Suitable for players over 50 years.... Enjoy slow moving modified version of soccer which enables everyone to participate no matter their ability. GET FIT and HAVE FUN!

When: Starting Monday 12th February 2024 Time: 1pm – 2pm

Where: Lyrebird Community Centre

Contact: Bookings: Essential – call on 9782 0133.

Cost: \$2



Frankston Art Centre News

Daytime Music + Theatre: Tom Burlinson – Now We’re Swingin’

Revel in the talents of Australian star of screen and stage, Tom Burlinson, in Now We’re Swingin’ - Complimentary refreshments served in the foyer prior to the show!

When: Friday 2nd February, 10.30am & 1.30pm

Where: Frankston Arts Centre

Contact: 03 9784 1060 or thefac.com.au

Cost: \$22—\$24



Daytime Music + Theatre: The Lloyd Webber Evolution

Join music theatre and television star, Ian Stenlake, and Michelle Fitzmaurice for a celebration of the life and hit songs of the greatest Broadway and London West End composer . Complimentary refreshments served in the foyer prior to the show!

When: Friday 22 March, 10.30am & 1.30pm

Where: Frankston Arts Centre

Contact: 03 9784 1060 or thefac.com.au

Cost: \$22—\$24



Artful: Art & Dementia Program

Artful is a community arts program designed especially for people living at home with dementia and their carers and / or family members. The program aims to improve wellbeing for people living with dementia through maintaining a connection to community and creativity. Guided by an Art Therapist, the group will meet each Friday morning at Cube 37 Gallery for 6 weeks to take part in a variety of hands-on art making activities in a safe and welcoming space. No prior experience in art is required. The program is free to attend however bookings are essential. *This program is kindly supported by the Lions Club of Frankston.*

When: Friday 16 February—Friday 22 March 2024

Where: Cube 37 , Frankston Arts Centre.

Contact: Box Office on (03) 9784 1060 or Centre website www.thefac.com.au



South Side Festival will return this May 10th—19th for another ten days of adventure celebrating arts, culture and heritage.

Head to <https://www.southsidefestival.com.au/> for the full program of free and ticketed shows and events.

Thought provoking and exciting performances, hilarious comedy, dazzling installations, striking visual arts, fun for the whole family and even some delightfully naughty bits- South Side Festival thrills, challenges and entertains.

2022 and 2023 were so much fun and we are beyond excited for 2024's program! You will be surprised what you find South Side...



The Show Goes On - Community Engagement

Are you aged 55+ and want to create live performance?

Contemporary theatre company Pony Cam is looking for a group of people to collaborate on the development of a new intergenerational performance work.

As part of the 2024 South Side Festival, Pony Cam will host a passionate and playful development of **The Show Goes On** - a new theatre work exploring age, intimacy, legacy, and the dancing body. The project will comprise a series of workshops, leading to an informal sharing of our ideas, performance material, and questions.

For more information, or to express your interest, head to:

<https://forms.gle/k44CjVP3jimfFwNE7> Or email: PONY CAM ponycamcollective@gmail.com

Frankston Library

Are you a valued member of Frankston City Libraries and in your golden years?

We have some exciting news for you!

Introducing Envoy Connects, a compact and user-friendly device designed to bring the joy of books directly to your ears. This nifty gadget is a true blessing for those in our community who may be facing sight-related challenges or those who prefer listening over reading.

There is a 3 month Lending period for the Envoy Connects and its charger.

The library team will provide all the support and training you need to make the most of your Envoy Connect. It's all about making your reading experience enjoyable and hassle-free.

Once you have your Envoy Connect, all you need to do is charge it with the supplied charger, press play, adjust the volume to your liking, and let the magic of storytelling sweep you away.

Your adventure in the world of books awaits!

Not a Library Member Yet? No problem! Drop into any branch and we'll sign you up .Plus, we'll fill you in on all the incredible resources and services available to you for borrowing.

If you would like to try the Envoy Connect

Contact: Frankston Library 9784 1020



That's a Wrap—Frankston City Council Seniors



FRANKSTON CITY COUNCIL
SENIORS FESTIVAL
OCTOBER 2023



Frankston Senior Groups News

Chinese Senior Citizens

Chinese Senior Citizens Group meet for activities such as Taichi, Mahjong and fitness Qigong.

Everyone is welcome

When: Sunday 9.30—11.30am

Where: 16 Orwil Street, Frankston North

Contact: 0488 990 499



Frankston Combined Probus Club Inc

Probus is all about Friendship, Fellowship and Fun in Retirement.

Some of the activities the club offers: long/short walks, bike rides, film nights, luncheons and dine-outs, outings and cultural events, Picnic in the Park, book club and holidays.

When: 3rd Friday of each month 9.30 am for a 10 am start

Where: Frankston Bowls Club, Yuille Street Frankston (opposite William Street)

Contact: Bookings essential—Leah 0450 916 366 or email fcprobus@gmail.com

Probus Club of Frankston

For a day filled with friendship, fellowship and fun, come on down to Frankston RSL. The Probus Club of Frankston meets for a general meeting followed by morning tea and a guest speaker. Other regular activities include movies, walks and luncheons. New members are welcome!

When: First Wednesday of the month

Where: Bowls Pavilion Frankston RSL, 183 Cranbourne Road Frankston

Contact: Clyde 0478 753 702



Country Women's Association Frankston South Branch

Activities include cooking and craft. Create new friendships, learn and share new skills enjoy volunteering opportunities to assist those most vulnerable and in need.

New members welcome.

When: 2nd Thursday of the month

Where: Connect Church Hall, 135 Golf Links Road Frankston South

Contact: 0428 874 488



Frankston Friendship Club

Frankston Friendship Club's purpose is to bring together seniors from diverse backgrounds in a friendly atmosphere and encourage socialising.

Outings are arranged on a monthly basis and cater for both men and women.

The cost varies according to the venue and bus costs.

There is a small annual membership fee.

When: First Wednesday of the month at 10.30am

Where: St Francis Xavier Church in the Xavier Centre

Contact: Suzy Baddock: 0419 367 778 or Rae Higman: 0417 538 830

Upcoming Outings:

Thursday 15th February 2024 - Mystery Bus Tour

A surprise day awaits as you board the bus for this Mystery Tour.

BYO Lunch or you can purchase your lunch at one of the eateries on the way.

The bus leaves at 10am from St Xavier's Church – return by 5pm latest. Cost \$22/pp

Thursday 21st March 2024 - Gulf Station in Yarra Glen and a picnic in the park

Visit the historic Gulf Station followed by morning tea in the park at Yarra Glen.

The bus leaves at 9am from St Xavier's Church.



Frankston City Council Age Friendly Ambassadors

In December we celebrated Christmas with our Age Friendly Ambassadors . This group supports the planning of key events and resources for older residents in the community. They meet every 2 months to discuss challenges facing older adults.

We would like to thank all our amazing Ambassadors for their time and the incredible work they do .

If you are interested in becoming an Age Friendly Frankston Ambassador Contact 9768 1324 or email positiveageing@frankston.vic.gov.au or click the [link](#)



Important Contact Numbers

FriendLine

FriendLine is for anyone who needs to reconnect or just wants a chat.

All conversations with FriendLine are anonymous and friendly volunteers are ready for a yarn and to share a story or two.

Contact: 9663 2740 or visit <https://friendline.org.au/>

When: Support line is open 10am- 8pm everyday

Online chat is open 6pm - 8pm Monday – Friday

Lifeline

Lifeline is Australia's largest crisis support service, there to ensure you'll never face your darkest moment alone. The service is confidential and you'll be connected to a trained Lifeline Crisis Supporter who will be there to listen, without judgment

If you or someone you know is going through a hard time and needs someone to talk to, contact

Lifeline on 13 11 14

Financial counselling

Times are tough, if you are experiencing financial hardship, speak to a financial counsellor today

Good Shepherd: 1300 015 500

Better Place Australia: 1800 639 523

Older Persons Advocacy Network

If you need support accessing aged care services, require advice or would like to speak to someone about your rights, Older Persons Advocacy Network (OPAN) is there to help and offers free, independent and confidential support

Older Persons Advocacy Network (OPAN): 1800 700 600

Seniors Rights

Everyone deserves to be treated with respect and dignity. For confidential support and advice regarding elder abuse please contact:

The Orange Door: 1800 319 353

Seniors Rights Victoria: 1300 368 821

Domestic and Family Assistance

If you or someone you know is experiencing family violence, you can get support via the following support services:

The Orange Door (Frankston) 1800 319 353

Men's Referral Service 1300 766 491

Djirra 1800 105 303

Frankston City Council Positive Ageing Team

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

Email – PositiveAgeing@Frankston.vic.gov.au

Phone – 9784 1046

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

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

Sudoku #2 - Intermediate

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

Answers

Sudoku #1 - Easy

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

Sudoku #2 - Intermediate

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