

Positive Ageing Together Newsletter



November 2023 - January 2024

Lifestyle Capital of Victoria

Welcome to the last edition of Positive Ageing Newsletter for 2023

We hope you have enjoyed the Positive Ageing Newsletters this year and they have kept you informed and connected to your Community.

On behalf of Frankston City Council, we wish you a fantastic Christmas and a wonderful 2024.

Kick off the festive season with Frankston's Christmas Festival of Lights on Saturday 25th November 2023. For more information see [Page 5](#).

It's never too late to join a swim/fitness club. Check in with the Fabulous 50's Swim Club and see what it takes to join in on the fun. Find out more on [Page 9](#)

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.

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

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Frankston Community Bus



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What's On



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Fabulous 50's

Need help getting around Frankston?

Recently Mayor Conroy hopped on board the Frankston City Council Community Bus to experience firsthand how the service helps residents to get around Frankston. The bus provides passengers with regular fortnightly trips to Karingal Hub and Frankston Bayside shops, Frankston Library, Peninsula Aquatic Recreation Centre, and some social clubs. It supports those who do not drive or who may find it difficult to use public transport.

If you, or someone you know, could benefit from Community Transport or would like more information then please contact Frankston Council on 9784 1933.



Frankston Meals on Wheels –More than just a meal!

The Frankston Meals on Wheels have some impressive stats for the 2022/23 financial year.

47,016 meals provided to Frankston Community

8,456 volunteer hours in the kitchen

6,352 volunteer hours delivering meals

A hard-working team of staff and almost 100 valued volunteers, who don't just prepare and deliver nutritious meals; they also deliver precious moments of important social connection to members of our community.

Meals on Wheels is more than just a service; it's an essential lifeline for our local eligible residents.

They are currently seeking volunteers for the kitchen and delivery crew. Volunteering as a delivery driver and jockey team is a wonderful opportunity to give back alongside a friend, family member or partner.

Volunteers not only make a significant impact on the lives of our neighbours, but also find immense fulfilment and meaning in their contributions, enriching their own lives in the process.

Please contact:

Amber Davis, Volunteer Officer 9768 1624 or 0439 427 500

email FHSSVolunteering@frankston.vic.gov.au



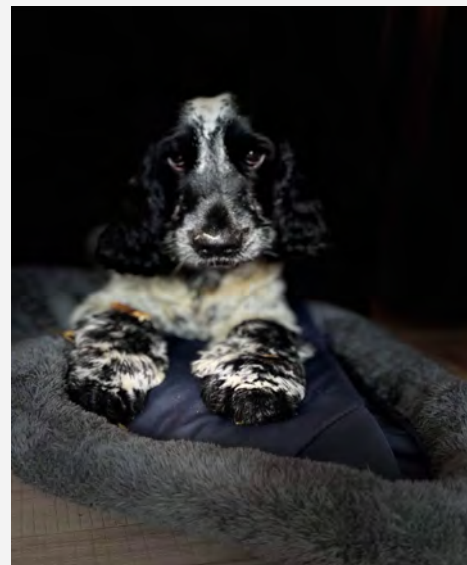
Are you using your purple glass recycling bin correctly?

As part of the Victorian Government's new four-bin recycling system, eligible residents across Frankston City have received a separate purple glass recycling bin. Glass bottles and jars now go into your new purple bin, lightly rinsed with lids off. Empty glass bottles and jars go in your purple bin loose, not in plastic bags. All other household glass goes into your general rubbish bin, including broken drinking glasses, windows, mirrors, vases, cooking dishes, and perfume bottles. Correctly using your glass recycling bin makes a big impact on Victoria's sustainable future.

For more information click [Glass recycling bin](#) or Contact: 1300 322 322



Pet Desexing Voucher Scheme



All cats & dogs in the City of Frankston must be desexed and you must provide a copy of your desexing certificate when you register your pet with Council (Some exemptions apply).

Frankston City Council Offers a Pet Desexing Voucher Scheme to cover 1/3 of the cost of desexing cats & dogs for Frankston residents who hold a Pension Card, Healthcare Car or War Veterans Card.

Vouchers are non-transferable and must be used within 28 days of issue. When the animal is desexed, they must be registered with Frankston City Council within 7 days. Maximum 2 vouchers per household.

For more information about the Pet Desexing Vouchers, please visit Frankston.vic.gov or call 1300 32322

CFA Free Smoke Alarm Installation

Do you have a working smoke alarms in your home?

The Country Fire Authority (CFA) is offering to install free smoke alarms powered with a 10 year lithium battery in the homes of people who cannot purchase, install or maintain their alarms themselves.

If you would like to have smoke alarms installed in your home or some general home fire safety advice, please get in touch with the team at CFA on 0429 487 448 or email firesafetyoutreach@cfa.vic.gov.au



Emergency Planning Advice Service

The Country Fire Authority (CFA) and the Australian Red Cross are delivering a free in-home visit service to residents of Frankston City in collaboration with Council.

Emergency Planning Advice Service (EPAS) is designed for people who need everyday support to remain in their homes. This includes people who are older, and/or people living with a disability or chronic medical condition. EPAS is a person-centred conversation that aims to develop an emergency plan specific to your individual needs.

How to find out more information?

Call Frankston City Council on 1300 322 322 and ask to speak with a member of the Emergency Management Team or Email: mrm@frankston.vic.gov.au



Beyond 50 - Health and Social Outcomes in Frankston and Mornington Peninsula

Are you 50-70 and live in Frankston or the Mornington Peninsula?

You could be eligible to take part in a new health study being conducted by Monash University. The study is looking to understand how navigating work and life transition affects healthy ageing.

Participants will be reimbursed \$40 e-gift card in exchange for each 40-60 minute interview (1 interview a year over 3 year period -online survey or phone interview at a time that suits you)

If you are interested in participating you can scan the QR code to access the survey online or visit www.beyond50.study for more information.



Are you 50-70 & live in Frankston or the Mornington Peninsula?

Scan the QR code to access the survey

YOU COULD BE ELIGIBLE TO PARTICIPATE IN A NEW HEALTH STUDY

Participants are reimbursed \$40 for a 40-60 minute interview (online survey or phone interview at a time that suits you)

Beyond 50
Health & social outcomes in Frankston and the Mornington Peninsula

MONASH University

Call Kristy 0421 892 135 or Rose 0468 441 215
email beyond50@monash.edu

MiCare Multicultural Social Support Group

Looking for a Multicultural Support Group ?

MiCare run such a group . They look after the needs of Culturally and Linguistically Diverse (CALD) seniors who are over the age of 65 , who have completed a My Aged Care assessment .

Activities include; Gentle exercise , Music and story telling , Board games , Crafts , Outings and Excursions , Men’s Workshop , Celebrations of culturally significant events.

There is a small fee and fee reduction is available for anyone with financial difficulties.

For further information , contact
Social Support Team Leader—Lydia Chan
Phone 1300 064 064
Phone 0405 226 265
Lydia.chan@micare.com.au



Frankston City 2023/2024 Event Calendar

Here are some of the highlights that we have going on in Frankston

Sunset Twilight Markets

The waterfront will come alive with curated stallholders, street food, entertainment, bars and more.

Where: Pier Promenade Frankston Waterfront

When: Friday 17 November , Friday 15 December and Friday 19 January 2024.

Lucky Day Out

New Year's Eve music festival

Where: Kinetic Stadium, Young Street , Frankston

When: Sunday 31st December 2023 (NYE)

Reminisce Decades

A celebration of 50 all-time classic house tracks of the past 10 years.

Where: Kinetic Stadium ,Young Street , Frankston

When: Friday, 26 January 2024



PLUS Council's exciting annual festivals are back better than ever; [Frankston's Christmas Festival of Lights](#), [Waterfront Festival](#), [Ventana](#), [Big Picture Festival](#) + [Block Party](#), [South Side Festival](#) and [The Mayor's Party in the Park](#) not to forget the return of [Little Beauty Market](#) .

Frankston's Christmas Festival of Lights 2023

This year we are proud to celebrate 25 years of the Frankston Festival of Lights .

A FREE event with live entertainment, an interactive show, activities for the kids, a Christmas Market, food galore and a visit from Santa.

Now it feels like Christmas .

Where: Davey Street Frankston and surrounds

When: Saturday 25th November

Time: 5pm—10pm

Contact: For more information : [Frankston Festival of Lights](#) or 1300 322 322



Frankston City 2023/2024 Event Calendar

**AFLW
Knetic Stadium**

ROUND 1
Saturday 2 September 7.15pm
Hawthorn v Essendon

ROUND 4
Friday 22 September 5.05pm
Hawthorn v Melbourne

ROUND 5
Sunday 1 October 3.05pm
Hawthorn v Brisbane Lions

ROUND 9
Sunday 29 October 5.05pm
Hawthorn v Port Adelaide

Little Beauty Market

Fourth Saturday of the month 9am-2pm*

September-March

Beauty Park, Frankston

Sunset Twilight Market

Third Friday of the month 5-9pm

October-January

Frankston Waterfront

What's on Frankston City
**YOUR 23/24
EVENT GUIDE**

NOV 2023

Frankston's Christmas Festival of Lights

Saturday 25 November 5-10pm

Davey Street, Frankston

DEC 2023

Lucky Day Out NYE

Sunday 31 December 6pm-Late

Kinetic Stadium, Frankston

JAN 2024

Reminiscence Decades

Friday 26 January 2-10pm

Kinetic Stadium, Frankston

FEB 2024

Ventana

Saturday 10 and Sunday 11 February
In conjunction with the Waterfront Festival

Frankston Waterfront

Waterfront Festival

Saturday 10 and Sunday 11 February

Frankston Waterfront

MAR 2024

Stellar Short Film Festival

Saturday 2 March 5-11pm

McClelland, Langwarrin

Big Picture Fest + Block Party

Big Picture Fest 18-24 March

Block Party Friday 22 March

Frankston City Centre

APR 2024

KUBIK

April

McCombs Reserve
Frankston Waterfront

Mayor's Party In the Park

Sunday 7 April 10am-2pm

Cruden Farm, Langwarrin

MAY 2024

South Side Festival

Friday 10-Sunday 19 May

Frankston Arts Precinct and surrounds

1300 322 322
Sign up for event reminders whatsonfrankston.com
or visit discoverfrankston.com
📱📺 discoverfrankston

FRANKSTON
Enjoy EVERY EVENT

*Check website for more information including programming details, entry fees and conditions and event times. Subject to change without notice.

What's on at the Library?

Drop in Tech Support

Are you looking for some basic tech help? Bring along your device and one of our friendly library staff can help you with your questions.

When: Every Wednesday 2pm—3pm (last session for the year is Wednesday 20th December 2023)

Where: Carrum Downs Library

Contact: 03 9784 1020

Crafty Connections

Bring along your current craft project to work on in a relaxed setting. All craft styles and skill level are welcome

When: Thursday 10am-11am (last session for the year is Thursday 14th December 2023)

Where: Frankston Library

Contact: 03 9784 1020

Chatty Café at Frankston

Grab a coffee from the café and join our friendly Chatty Café volunteer for a casual conversation.

When: Tuesday 1.30pm—3.30pm (last session for the year is Tuesday 12th December 2023)

Where: Frankston Library

Contact: 03 9784 1020

Family History Club

Discover your own history at Frankston Library. Share advice and tips with other members in a social and supportive environment.

When: Friday 24th November 2.00pm—4.30pm

Where: Frankston Library

Contact: 03 9784 1020

Fiction Bites

If you are looking for friendly advice and feedback from fellow writers then come along and enjoy this NEW writers club.

When : Thursday 19th October & Thursday 14th December 5.00pm—7.00pm

Where: Frankston Library

Contact: 03 9784 1020



What's on at the Art Centre?



Christmas with Lucy Durack

Join musical theatre star Lucy Durack as she performs some of her favourite and well loved Christmas songs in our 2023 Daytime Music and Theatre finale

When: Friday 8th December

Time: First show 10.30—11.50am Second show 1.30—2.50pm

Cost : Full \$22 Member \$20

Book Online [here](#) or contact the Box Office 9784 1060

Kristina Kraskov

Documentary photographer Kristina Kraskov turns her camera inwards on her infamous Melbourne town , walking in and watching Frankston everyday over the period of four months. The resulting photographic series is a visual exploration , a collection of large scale prints that are a celebration of the unusual , the understated - cinematic moments in seaside suburbia.

Where: Atrium Gallery

When: Thursday 12 October to Saturday 3 February

Time: Tues-Fri 10am—5PM and Sat 9am—2pm



Peter Fenton - Listening to Silence

In silence , I hear the world breathing with echoes of earth and sky ; of past and present . I have come to play within the rhythms of creations healing vibrations.

Where: Cube 37 Gallery (next to the main theatre)

When: Thursday 30 November to Wednesday 20 December

Time: Tues-Fri 10am—5PM and Sat 9am—2pm



Lets Meet—Fabulous 50's Swim Club

If you are fabulous and over 50 and like to keep fit this is the club for you.

The Fab 50's Swim Club are a not-for profit group run by amazing volunteers .

The club was established over 40 years ago as a way for older community members to remain active , happy and connected with people their own age with a similar interest .

The club boasts incredible membership numbers of between 140-160 men and women , some having been members for over 25 years.

The classes are run by an Aqua aerobics Coach and go for 40 minutes. Members go at their own pace and fitness level.

Some classes may have a small wait time due to numbers .



This active group is not limited to just swimming , they also have regular low cost social outings , day trips and an annual Christmas party. As the President Barbara says “ we are always looking at finding fun things to do”.

What a great way to keep active!

Where: PARC Corner Cranbourne Road and Olive Grove Frankston.

When: Every Friday (except school holidays)

Time: 10am , 10.50am 11.40am , 12.30pm and 1.20pm

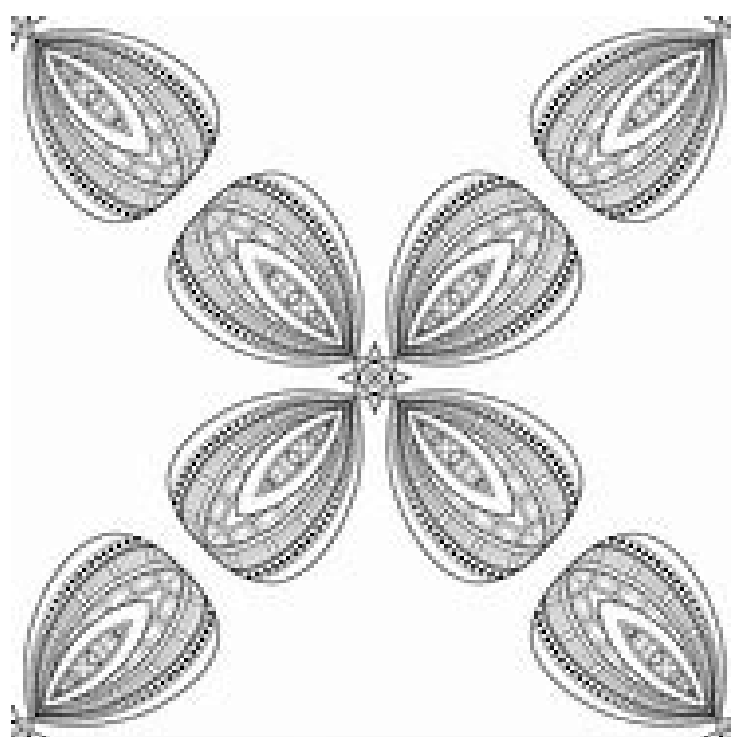
Cost: Membership Fee is \$20 per year plus the entry fee to PARC—which is at a special rate for Fab 50 card holders.

This gives you full aquatic access to the lap pool , spa , sauna and steam room as well as the Aquatic Exercise class.

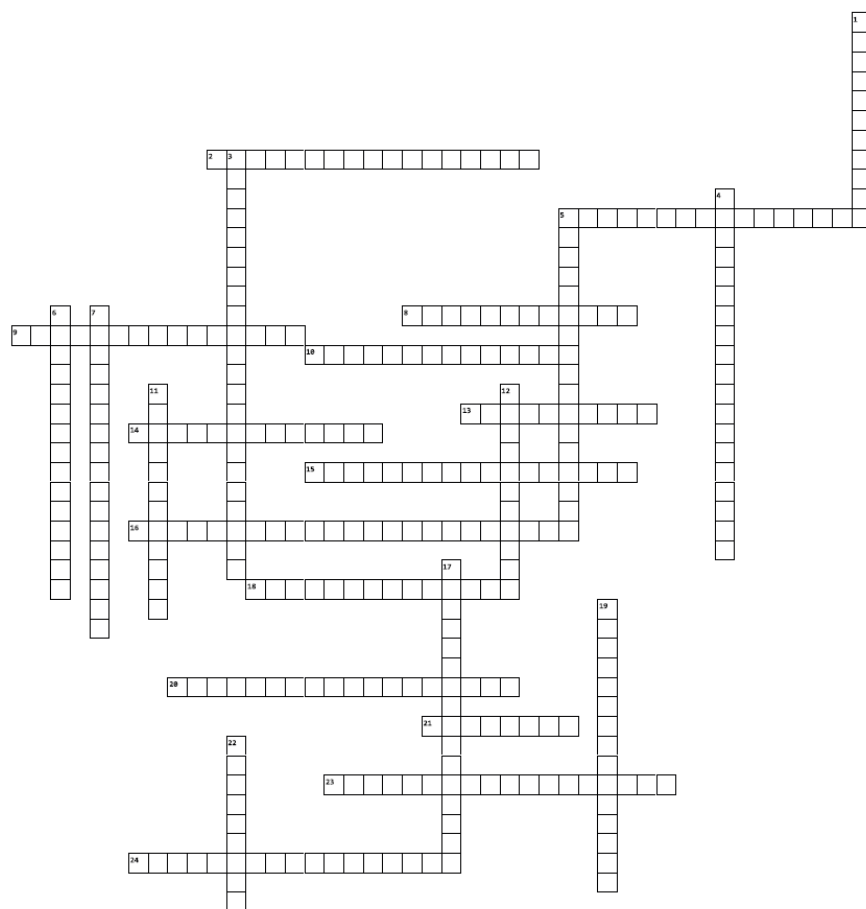
Contact: President Barbara 0417 119 882 or Secretary Kerry 59754 118



Mindful Colouring



Crossword



Down

1. study of where languages are located
3. study of the environment and geography
4. the study of behaviours and geography
5. the use of geography is military activities
6. the interaction between humans and animals
7. study of the interaction of geography and culture
11. study of the sea
12. study of maps and map making
17. study of the relationship between landscape and the inhabitants
19. the study of the relationship between shapes of physical things and the land
22. study of the earth's surface

Across

2. the study of living things in specific areas
5. the study of geographical impacts on disease and illness
8. study of where living things are located
9. regulating the use of land by a central authority
10. study of past geography
13. the study of glaciers
14. study of the earth by satellite
15. study of the interactions between economics and geography
16. study of the movement of living things
18. study of cities and city life
20. the use of geography in marketing activities
21. method and practice of teaching
23. the study of the interaction between religion and geography
24. the application of feminist theory in geography

Sudoku

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

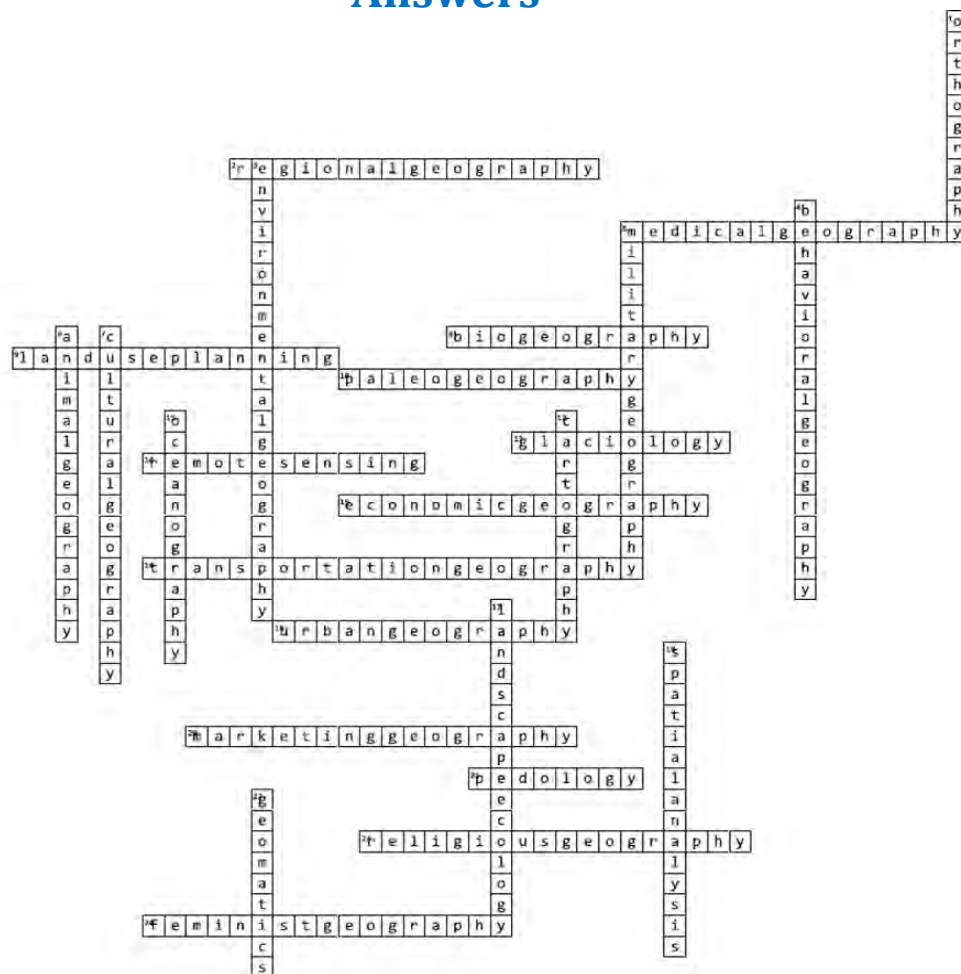
Sudoku #1 - Easy

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

Sudoku #2 - Intermediate

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

Answers



Sudoku #1 - Easy

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

Sudoku #2 - Intermediate

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

Contact us

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

Email – PositiveAgeing@Frankston.vic.gov.au