

Positive Ageing Together Newsletter



April/ May 2023

Lifestyle Capital of Victoria

Welcome to the latest edition of Positive Ageing Newsletter for 2023

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

If you love teaching others to drive and are looking for a rewarding opportunity, becoming a mentor with the L2P Program may be for you. Find out more on [Page 3](#)

Technology is constantly changing and evolving. Apps have become a daily part of most of our lives, but can be very confusing as there are so many of them. If you need help navigating the chaotic world of apps, please see [Page 5](#)

Frankston Seniors Festival 2023 is currently in the works! If your club or group is interested in holding an event please see [Page 7](#)

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.

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Pets' Day Out

U3A Frankston

Join us for guest speakers at U3A Frankston!

1. "Stories of a Coastguard" presented by Marcus Grimblat, who is a Long-serving local member & Distinguished Award recipient of the Australian Volunteer Coast Guard.

When: Thursday 27 April 11:15am

2. "The Life and Times of Agatha Christie" - An affectionate look at her life, the times in which she lived and her enduring and endearing stories. Presented by Andrea McCall.

When: Wednesday 3 May 11:15am

Where: Karingal Place

103 Ashleigh Avenue, Frankston, 3199

Cost: Gold coin donation for visitors (Bookings Essential)

Contact: U3A Office - 97701042 (Office hours 10am – 1pm)



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 on the first Wednesday of the month at the Bowls Pavilion for a general meeting followed by morning tea and a guest speaker. Our other regular activities include movies, walks and luncheons. New members are welcome!

When: First Wednesday of Every Month

Where: Bowls Pavilion Frankston RSL

183 Cranbourne Road, Frankston 3199

Contact: Clyde - 03 9783 7140 or Mary - 0418 568 234



FrankTalk with Julie Kay

We are happy to welcome local author, Julie Kay, to join us at Carrum Downs library as she launches her second novel, 'The Ties That Bind'.

Set amongst the giant ghost gums of country Victoria, follow the trials and tribulations of two sisters who must battle through great personal sacrifice, unrelenting passions and disarming loss as they navigate the happenings around them. The Vietnam War arrives and brings them more heartbreaking tragedy, loss and beguiled love from which they may not recover.

Spread across both time and place, The Ties That Bind is a journey of healing and love but not one that shies away from the pain that comes from the intensity of both.

When: Saturday 29 April 11am - 12pm

Where: Carrum Downs Library

203 Lyrebird Drive Carrum Downs 3201

Cost: Free (Bookings Essential)

Booking: Frankston City Libraries - 03 9784 1020 or libraryenquiries@frankston.vic.gov.au



L2P Learner Driver Mentor Program

Looking for a volunteer opportunity with a difference?

The TAC L2P Program is a state-wide initiative funded by the TAC and the Department of Transport and Planning (DTP). The Frankston program is managed by Frankston City Council, and is supported by local sponsors, including: Lions Club of Frankston, VACC AUTO Apprenticeships, Rotary Peninsula 2.0 and Simply Red Signs. The program assists eligible learner drivers between the ages of 16 – 21 who don't have access to supervising drivers, to gain the 120 hours of driving needed to obtain their driver licence. Through this program, learners develop their skills, knowledge and confidence on the road and have greater access to education and employment opportunities once they have their licence.



With the assistance of volunteer mentor driving supervisors, the program provides an opportunity for young people to interact with positive adult role models, and gain the confidence, skills and experience needed to get their probationary licence.

Role of Volunteers

To become a volunteer with the TAC L2P program, mentors must:

- Be over 21 years of age
- Hold a full Victorian drivers licence
- Be prepared to have a Working With Children Check, Police Check and Driver History and Licence Check; and sign a Mentor Code of Conduct
- Have experience and / or an interest in working with young people
- Have good communication skills
- Be able to participate in the supervising driver/mentor training
- Commit to supervising a learner driver in driving sessions for a minimum of 1 - 2 hours per week and for a minimum of one year

If you are interested or for further information, please contact:

Sally Taylor

Frankston TAC L2P Project Officer

Phone: 0408 165 110

Email: L2P@frankston.vic.gov.au





Seniors Exercise Park Champions

Our Wingham Park Senior Exercise Champions have taken off with a bang! The “Train the Trainer program” with the National Ageing Research Institute has been completed and our champions are now experts in helping others to use the equipment.

The official opening of Wingham Park took place on 28th February 2023 and the space is ready to be used. Our volunteers Tania, Charmaine, Kev, Lyn, Sharon, Veronica, Fran and Wayne are looking forward to showing you how to use the equipment.

Drop in sessions will be hosted at the site from every Friday (except for Public Holidays)

Head down and learn how to use the equipment correctly, safely and get active.

When: Fridays from 9am - 12pm

Where: Karingal Place

103 Ashleigh Avenue, Frankston

Cost: Free

Contact: The Positive Ageing Team - 1300 322 322 or email positiveageing@frankston.vic.gov.au



Low Vision Group - Vision Australia

Ebdale Community Hub and Learning Centre hosts a low vision group. Come on down for a day of fun including a gentle exercise program followed by different activities:

- gardening,
- walking groups
- crafts
- scrabble
- music appreciation
- special celebrations
- memory activities
- reminiscing
- quizzes

When: Every Tuesday 10am - 12pm

Where: Ebdale Community Hub and Learning Centre
20 Ebdale Street, Frankston

Contact: Leanne - 0427 426 918



Chatty Cafes

The Chatty Café scheme is aimed at bringing members of the community together, instigating some friendly conversation and help combat any feeling of loneliness or isolation people may be feeling. Come along, grab a coffee from the café and join our friendly chatty café volunteer for a casual conversation about anything and everything.

Feel free to pop in at any of our locations. No need to book, just come along and join the chat!

Frankston South Community and Recreation Centre

When: Every Tuesday 10am - 11:30am

Where: 2/55 Towerhill Road Frankston South 3199

Contact: 9293 7122

Frankston Library

When: Every Tuesday 1:30pm

Where: 60 Playne Street Frankston 3199

Contact: 9784 1200

Karingal PLACE Neighbourhood Centre

When: Every Wednesday 10am - 12pm

Where: 103 Ashleigh Ave, Frankston VIC 3199

Contact: 8756 6650

Seaford Library

When: Every Friday 10:30am - 12:30pm

Where: 1/6R Broughton St Seaford 3198

Contact: 9784 1020



Be Connected - Helpful apps for your smart device

Apps, or applications, are the programs you use on your smart device to get things done. Some apps are just for fun while many can help us in our daily lives. With millions of apps available to choose from they can seem confusing at first, but we'll give you some tips to get the greatest benefit from your apps so you can use them with confidence.

Join our 1-hour presentation to learn

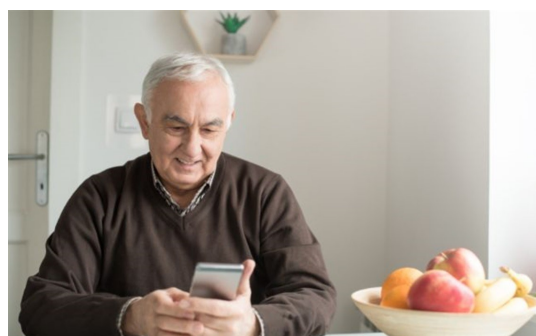
- What an app is
- Where to find and download an app
- Which apps might be helpful and interesting to you
- Tips about managing your apps

When: Thursday 20 April 9:45am - 11am

Where: 60 Playne Street Frankston 3199

Cost: Free (Bookings Essential)

Contact: 9784 1020 or libraryevents@frankston.vic.gov.au



Interested in Volunteering?

Frankston City Council is looking for volunteers

Meals on Wheels

We need your help! Frankston Council is looking for new volunteers for the Meals on Wheels and Excursions and Outings programs.

Meals on Wheels is an essential service that provides meals to local eligible residents up to seven days per week. Kitchen volunteers are needed to prepare, pack and clean up.



Volunteer drivers are needed to deliver meals directly to the homes of the local community.

Excursions and Outings Program

The Excursions and Outings program encourages older residents to participate in activities where they can socialise and have fun with other members of the community. Council staff and volunteers organise regular low cost group outings, collecting clients from their homes to take them to various destinations for participants to enjoy time in a safe and friendly environment.

Community members are able to volunteer in these programs for as little as a few hours a week. Each program runs on weekdays only.

If you have some spare time to join one of our volunteer programs, or would like more information, please contact:

Amanda Smith, Volunteer Officer

9768 1624 or 0439 427 500

FHSSvolunteering@frankston.vic.gov.au

Sunday Sessions: Zac Alwyn

Zac Alwyn will be joining Frankston Library again for a Sunday Session in April

Zac, originally from Tasmania, has been playing guitar and singing for over a decade. Zac will bring his nostalgic folky vibe to us in a laid back acoustic set, playing originals intertwined with classics from across the decades.

When: Sunday 30 April 1pm - 3pm

Where: 60 Playne Street Frankston 3199

Cost: Free

Contact: 03 9784 1020 or libraryevents@frankston.vic.gov.au



Frankston Seniors Festival 2023

Friendly reminder that Frankston Seniors Festival Event application forms are due the 1st May 2023.

The Frankston Seniors Festival Event Form can be found at <https://www.surveymonkey.com/r/FrankstonSF23event>

If your club or group is interested in holding an event in October and you didn't attend the meeting in March, please email positiveageing@frankston.vic.gov.au for more information.



South Side Festival 2023

South Side Festival, is set to take over Frankston City once again in May 2023!

Thought provoking performances, hilarious comedy, dazzling installations, striking visual arts and fun for the whole family – the 2023 South Side Festival has something for everyone.

You will be surprised what you find at South Side, so join us on the adventure 5 - 14 May.

Tickets are on sale from Monday, 13 March. For more information on the program and to purchase tickets, please visit www.southsidefestival.com.au

South Side Festival is supported by Frankston City Council and sponsored by EastLink.



Frankston City News Sign-up

Looking for an easy way to keep up to date with Council news and exciting events happening in our local communities?

Frankston City News is distributed via Australia Post to over 60,000 homes and businesses throughout the municipality, six times a year.

It features the latest news from Council as well as news and events from across our community.

If you do not receive your copy in the mail and would like to sign up, please email your full postal address details to: info@frankston.vic.gov.au

Carpet bowls at Seaford Community Centre

Every second Thursday from January 9th to June 22nd 2023.

All welcome no age preference

Lots and lots of fun, starting at 10am to 2pm Lunch at 12pm (bring own lunch and cup for tea and coffee). \$5 fee to cover cost of hiring of hall. We are a group of friends having a fun day so come and join us.

Just roll up as you are most welcome!

Keeping Active in Frankston South

Keeping active is important for our health and wellbeing.

If you are looking for a way to keep active, look no further!

Frankston South Community and Rec Centre has many exciting programs aimed at getting you moving.

Walking Football (Soccer)

Come and enjoy a slow moving, non-contact small sided version of soccer, specially modified to allow everyone of all ages and ability to enjoy the game

When: Tuesday 1pm - 2pm

Cost: \$5

Seated Exercise

Strength and movement exercises for those who need to be seated but still have fun!

When: Friday 10:30am

Cost: \$8.50

Walking Group at South

Get some fresh air, make new friends & enjoy the benefits of walking.

When: Tuesday 9:30am

Wednesday 10am

Thursday 10am

Cost: \$3

Prymeball

Keep fit and make friends by playing Prymeball. Prymeball is similar to volleyball, but you catch the ball and is just as much fun!

When: Friday 1 PM

Cost: \$6.50

Thai Chi- Arthritis Foundation

Thai Chi from the Arthritis Foundation is a program designed to improve the quality of life for people with arthritis. The program uses Sun Style Tai Chi which includes agile steps and exercises that may improve mobility, breathing and relaxation.

When: Tuesday 12pm - 1pm

Contact Dorothy - 9789 0632

Where: Frankston South Community and Rec Centre

2/55 Towerhill Road Frankston 3199

Contact: 9293 7122 for more information

Pets' Day Out



Treat yourself to a fun-filled day of pet related entertainment, activities and giveaways at the annual Pets' Day Out at Ballam Park in Frankston.

Pets' Day Out is a fun and free annual community event which delights animal enthusiasts of all ages.

When: Saturday 29th April 10am - 3pm

Where: Ballam Park Cranbourne Road Frankston 3199

Contact: Frankston City Council - 1300 322 322

Friendline

If you are feeling lonely or just need someone to talk to, Friendline is there to help!

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

Support Services

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**

If you need to speak to someone about **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

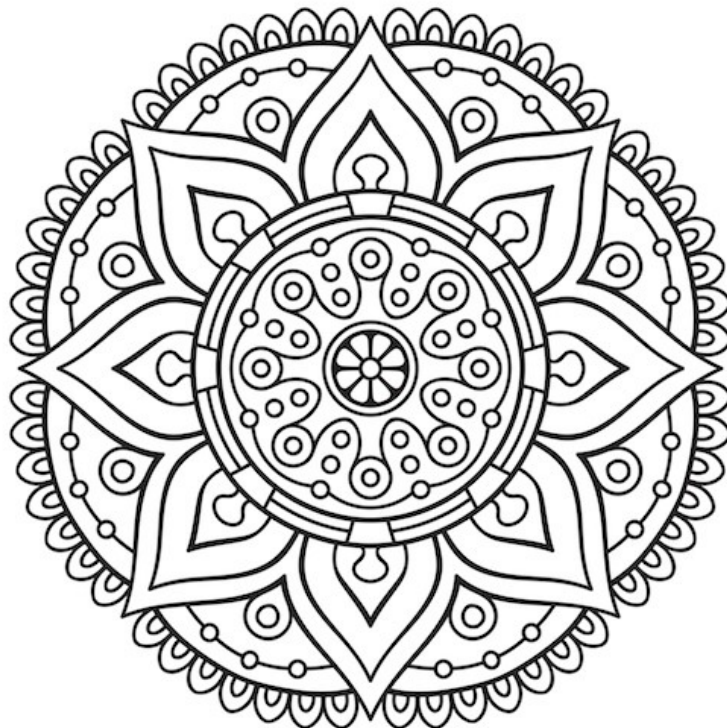
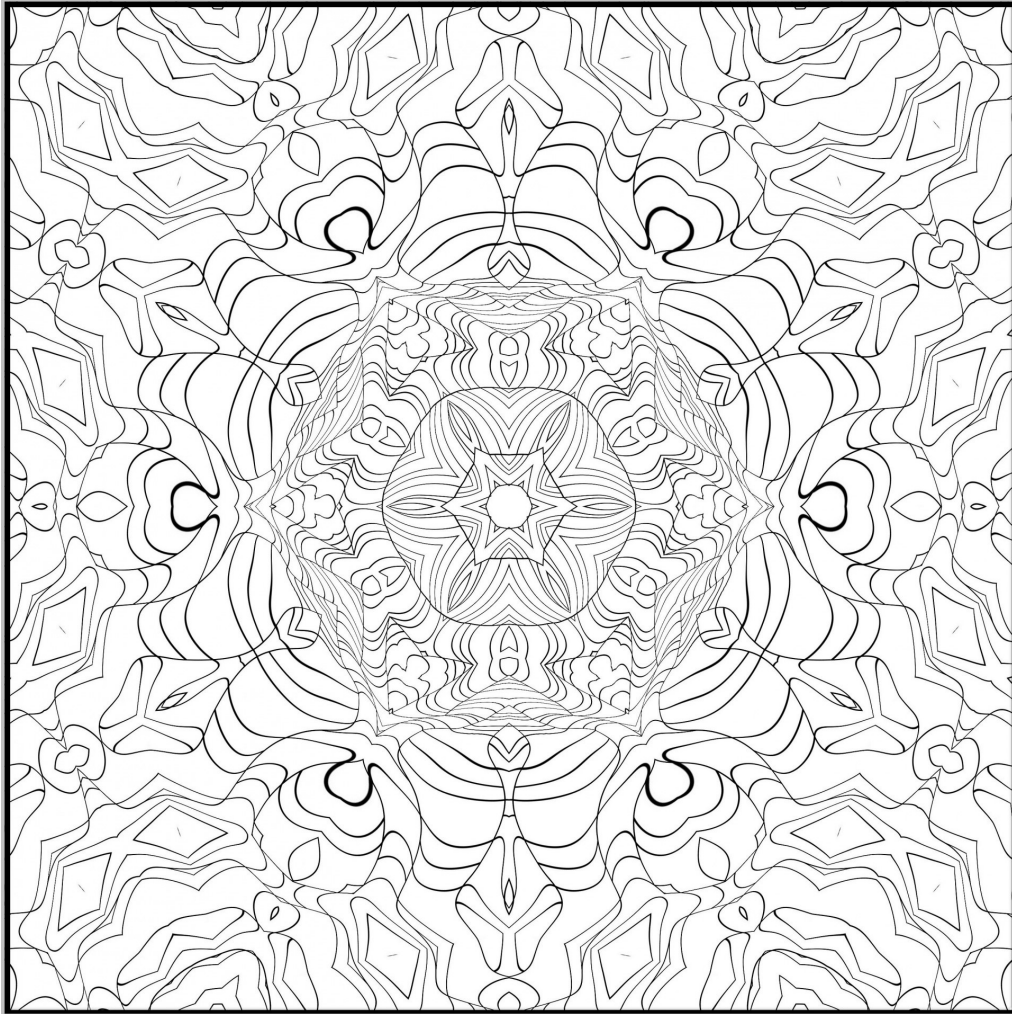
If you need support accessing aged care services, require advice or would like to speak to someone about your rights, **Older Persons Advocacy Network (OPAN)** is there to help and offers free, independent and confidential support

Older Persons Advocacy Network (OPAN): 1800 700 600

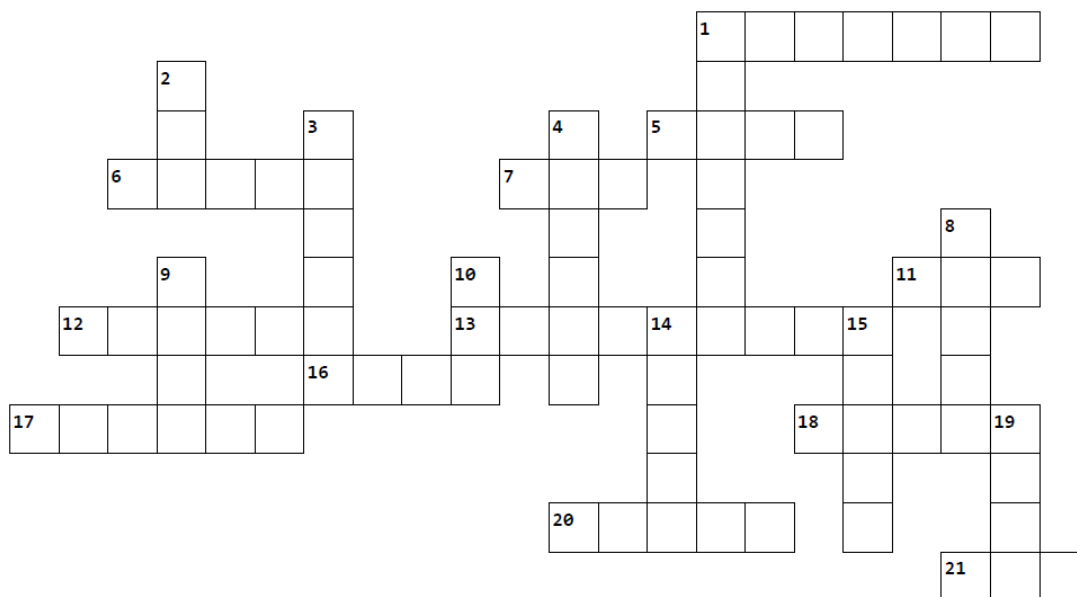
Everyone deserves to be treated with respect and dignity. For confidential support and advice regarding elder abuse please contact:

- **The Orange Door:** 1800 319 353
- **Seniors Rights Victoria:** 1300 368 821

Mindful Colouring



Crossword



Across

1. It has a long neck
5. Jump into the pond
6. Has black and white stripes
7. Produce milk
11. The man's best friend
12. Pig is similar to a pig
13. Has a trunk
16. It's the king of the forest
17. Has eight legs
18. Has two humps
20. produce wool
21. It is a feline named Silvestro

Down

1. The most famous is king Kong
2. Produces honey
3. Suckles puppies
4. It climbs trees
8. Lives in the sewers
9. Animal flying
10. Lays eggs
14. Gallops in the prairies
15. It can be rattles
19. It is famous for spitting

Sudoku

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

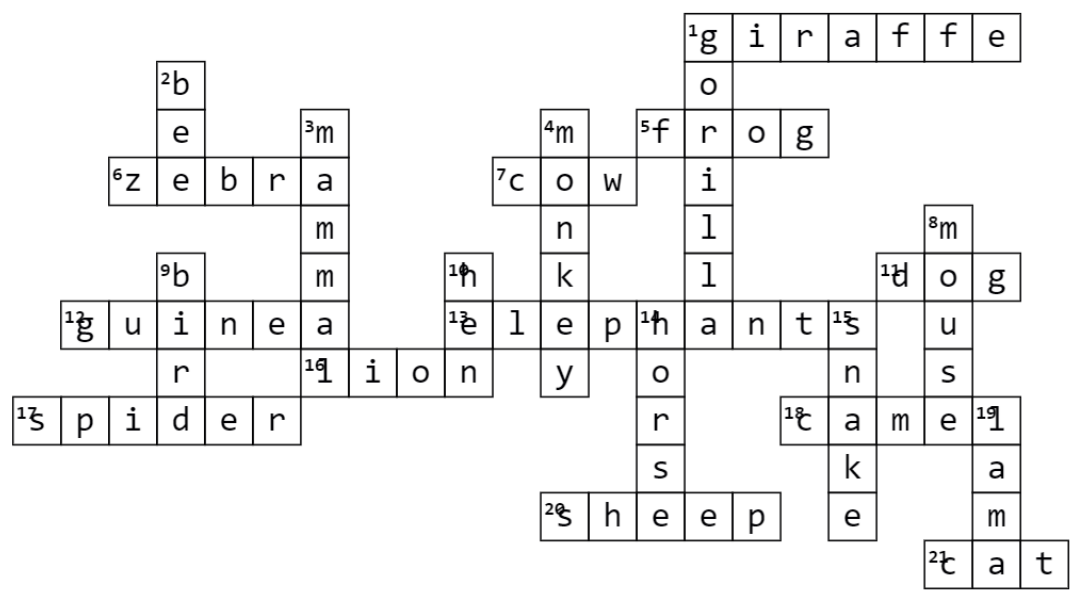
Sudoku #1 - Easy

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

Sudoku #2 - Intermediate

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

Answers



Sudoku #1 - Easy

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

Sudoku #2 - Intermediate

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

Contact us

Mail – Frankston City Council, Positive Ageing, 30 Davey Street, Frankston 3199
 Email – PositiveAgeing@Frankston.vic.gov.au