

# Positive Ageing Together Newsletter



February/ March 2023

Lifestyle Capital of Victoria

## Welcome to the first edition of the Positive Ageing Newsletter for 2023

The new year has started off with a bang, which means there are more exciting things to discover. Keep reading to stay up to date with the latest changes and make sure you don't miss out on the incredible activities and events happening all across the City of Frankston.

We are looking for volunteers for the Seniors Exercise Park Champions Project. We are looking for fun and friendly seniors, who enjoy some movement outdoors. For more information, see [Page 2](#)

Frankston's Seniors Festival was a huge success with a multitude of exciting events held over the month of October. With over 50 events, there was never-ending fun, excitement and chances to connect with other members of the community. For more information, see [Page 3](#)

Aged Care reforms are underway to improve quality, safety and choice in aged care services. To see how they may affect you and to get involved and have your say, please see [Page 4](#)

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](mailto:PositiveAgeing@frankston.vic.gov.au) or call 9784 1046.

## Inside this Edition



[Page 4](#)

Self Advocacy Toolkit



[Page 6](#)

Walking Basketball



[Page 8](#)

Connect with Technology

## Seniors Exercise Park Champions Project

### We are looking for Champions!

We are looking for seniors who would be interested in volunteering their time to do some training and help others in their community.

Frankston City Council has refurbished Wingham Park in Frankston (next to Karingal PLACE) to include specialised outdoor exercise equipment (the Seniors Exercise Park) for older people to engage in physical and social activities.



### Do I need to be a super fit personal trainer?

No. If you're worried you need to be a personal trainer, don't be! We are looking for seniors who are keen to help others to understand how to safely use and enjoy the equipment at the park. You will be supported throughout the program by Council staff.

### Role of Champions

Seniors Exercise Park Champions will be trained to lead community members to participate in exercise using the new equipment. Specifically, the Champions will be trained to do the following:

- Instruct and guide others in how to use the exercise equipment safely
- Provide general guidance about how to perform the exercise
- Provide general guidance on how to make the exercise more challenging or easier
- Support and encourage others to be physically active

The emphasis here is on balance, strength and flexibility. Your sense of fun and your keenness to help other seniors enjoy some movement in the outdoors is far more important than how fit you consider yourself!

We are looking for Seniors Exercise Park Champions who:

- are friendly, welcoming and approachable
- are able to work with and lead others
- have good verbal communication skills
- are passionate about meeting and helping others

### Train the Trainer program

Seniors Exercise Park Champions will be asked to participate in a free, 5-week 'train the trainer' program led by a qualified exercise instructor from NARI. The training program will be held at the Seniors Exercise Park. Training sessions are currently planned to run twice a week for 5 weeks, and are expected to commence in mid to late February. The sessions are planned to run Tuesday and Friday mornings for 1 to 1.5 hours. Volunteers will be required to attend a minimum of 8 out of the 10 sessions, including the final session.

### If you are interested, please get in touch:

Jo Varghese

Phone: 9784 1783

Email: [positiveageing@frankston.vic.gov.au](mailto:positiveageing@frankston.vic.gov.au)



## Frankston Seniors Festival



There was lots of fun, laughs and learning during the 2022 Frankston Seniors Festival.

The month long affair held over 50 events and had an overwhelming response. We were able to showcase events held by our local social groups as well as some of Frankston's attractions.

The festival officially kicked off on 3rd October 2022 with the Chinese Senior Citizens Club beautifully performing traditional dances and songs. Other events included Chatty Cafés, Frankston's Gold Winning Street Art Walking Tour, Friendship day at CWA Frankston, Sweetwater Creek Nature Reserve walk, Probus Club meetings, Zumba with the Filipino Senior Support Group. Walking Basketball, ABBA Tribute Concert and Comedian Monica Dullard, Generational Food Festival with Carrum Downs Sri Lankan Seniors and many many more.

It was wonderful to celebrate in person again and to see so many of our local residents and first time visitors come together and participate.



## U3A Frankston

Come on down to U3A Frankston where you can get involved in a huge selection of interests, activities and courses:

- Creative Arts
- Human Interest Ideas and Discussions
- Languages
- Music
- Technology/Philosophy/Science
- Exercise/Dance/Yoga

**When:** Mondays to Fridays

**Where:** Karingal Place, 103 Ashleigh Avenue Frankston

For more information, please visit [www.u3af.org.au](http://www.u3af.org.au) or call 03 9770 1042



## Self-Advocacy Toolkit

The Self-advocacy toolkit aims to make it easier for older people, families and professionals to access the information they need to speak up for better aged care. This new digital resource is now available from Australia's peak body for aged care advocacy, the Older Persons Advocacy Network.

If you are looking into or already using aged care services, or care for someone who is, the toolkit can give you the skills, information, and resources you need to speak up for better aged care.

The toolkit has been funded as a part of the National Aged Care Advocacy Program and is free to use.

The self-advocacy toolkit can help you learn what to expect from aged care providers and speak up for yourself or someone you care for.

It has information on:

- Your aged care rights
- Your aged care options
- Solving common aged care problems
- Protecting yourself from harm
- How to get help with decision making
- Aged care costs

Access the toolkit by visiting <https://opan.org.au/toolkit/your-aged-care-rights>.

For more information, contact: 1800 700 600

### Self-advocacy toolkit

Visit [opan.org.au/toolkit](https://opan.org.au/toolkit)



## Aged Care Reform

There are reforms underway in the Aged Care Sector to put senior Australians first while improving quality, safety and choice in aged care services. These changes apply to both residential and in-home supports. Frankston City Council is committed to continuing to provide Aged Services to our community at this time. Any relevant changes as part of the reforms to the services we deliver will be further communicated to our clients as details become available. You can read more about the Aged Care reforms via this link:

[www.health.gov.au/our-work/aged-care-reforms](http://www.health.gov.au/our-work/aged-care-reforms)

### How do I get involved?

There are a range of ways you as a service user, carer or community member can be involved in the Aged Care Reform. If you would like to have a say in the future of the Aged Care Sector there are a variety of opportunities for everyone to contribute.

Please contact the Health and Aged Care consultations line on 1800 318 209 for more information or visit:

<https://agedcareengagement.health.gov.au/get-involved/>





# LGBTQ+ Community

## Contact:

MFTTA stadium  
0437 175 942

## Email:

[mftta@outlook.com](mailto:mftta@outlook.com)

*Family, friends, and allies are most welcome!*

- All ages and abilities.
- Safe and inclusive environment.
- Mental and physical health benefits.
- Great opportunity to network and meet new people.
- Exclusive use of facilities for LGBTQ+ community (MFTTA hosted the 2020 Tokyo Olympics qualifiers).
- All gender toilets.

## Cost:

\$15 per session.  
(Includes bat and ball hire)

## When:

10:30am - 12:30 pm on nominated Sundays.

Please refer to [www.mftta.org.au](http://www.mftta.org.au) for the full 2023 dates.

## Where:

MFTTA Stadium  
Civic Reserve Recreation Centre  
350 Dunns Road, Mornington.



● SAFE ● FRIENDSHIP ● FUN ● NETWORKING

## Mornington Peninsula Bonsai Society

The Mornington Peninsula Bonsai Society will resume meetings for 2023 at the Moorooduc Community Hall, Corner of Benton and Derril Road, Moorooduc. 7pm for a 7.30 start.

It will be a night of discussion with regards to the Ficus Fig Trees which love this time of year (the hot weather).

If anyone would like some information on what we do each month or have been given a tree and don't know what to do with it (Fig or not), feel free to contact Jilian Lewis on 0407 361 989 any time.

We are always open to new members of the group, and it is a great way for beginners to learn the art from more experienced people.

**When:** Every third Wednesday of the Month 7:30 PM

**Where:** Moorooduc Community Hall

**Contact:** Julian Lewis (Secretary) 0407 361 989



Port Jackson Fig, 60 years, old grown by a 102-year-old Bonsai enthusiast.

## Walking Basketball

Frankston Basketballs' Walking Basketball program-is a low impact, social and fun way to improve the levels of physical activity for all ages, genders, and abilities.

The program provides optimal health benefits to all who participate including those who might be intimidated by the pace and impact of a traditional basketball game but love the slower more social version of Walking Basketball. The program is suitable for those recovering from injuries.

Sessions consists of warmups, drills, and a game of Walking Basketball. Multiple games of walking basketball can be played on different courts during the session if we have enough participants.

Following the session, participants are invited to socialise with free tea, coffee, and morning tea.

**Where:** Frankston Basketball Stadium. 90 Bardia Avenue, Seaford Vic 3198.

**When:** Every Thursday Morning 11 AM – 12 PM

During school holidays please call the stadium to confirm the program is running.

**Cost:** FREE

**What to bring:** Comfortable clothes /shoes, a drink bottle, a ball if you have one. We can provide balls if needed

**Contact:** Tanya Thomas 03 9776 8999





## Victorian Seniors Card

The Victorian Seniors Card program is a free program that encourages you to keep active and engaged in the community.

### Who can apply?

You are eligible for a Victorian Seniors Card if you are:

- 60 years of age or over
- A permanent resident of Australia, residing in Victoria
- Working less than 35 hours per week in paid employment, or fully retired

You can apply for a Seniors Card online.

Please visit <https://cardoperations.force.com/SeniorsApplication/s/>

Forms are also available at your local library.

The Victorian Seniors Card gives you access to a range of benefits including:

- Free and concession public transport
- Exemption from a Fishing License to fish in Victorian waters

It also gives you access to a range of discounts on:

- Accommodation
- Food & Drinks
- Ageing and Aged Care Services
- Automotive Care
- Health & Beauty
- House & Home Services
- Professional Services such as Legal and Real Estate
- Retail Outlets
- Utility



Always remember to ask if there are any Seniors Card discounts wherever you visit. For a full list of discounts and participating places, please visit the discount directory:

<https://www.seniorsonline.vic.gov.au/discount-directory>

If you are working more than 35 hours per week in paid employment, you can apply for the **Seniors Business Discount Card**. For more information, please visit [Seniors Card \(seniorsonline.vic.gov.au\)](https://www.seniorsonline.vic.gov.au)

### The Age Friendly Partners Program

This program addresses the consumer issues and social inclusion barriers that affects seniors and includes:

- Discount energy plans with AGL Energy
- Age friendly shopping precincts

For more information on the Age Friendly Partners Program, please visit

<https://www.seniorsonline.vic.gov.au/get-involved/age-friendly-partners-program>

## 2 Hours Free Parking at Frankston Art Centre Carpark

On and off-street parking is available at Frankston Library. Enter the Frankston Arts Centre car park on Young Street, which is open 7AM - 1.30AM daily

For two hours of free parking in the Art Centre Carpark, please see a library staff member for a parking voucher. For more information, please contact 03 9784 1020 or email [libraryenquiries@frankston.vic.gov.au](mailto:libraryenquiries@frankston.vic.gov.au)

## Connect with Technology

Technology can make everyday tasks easier and more time efficient. It also allows us to stay more connected to our loved ones. But to use the tech, we often need a helping hand in getting to know it better. That's where Frankston Library comes in! Join our group classes and find out more about how to use technology to your advantage. One on

**When:** Thursday 23 February 10AM - 10:45 AM

**Cost:** Free - Bookings Essential as places are limited

**Contact:** 03 9784 1020



### Downloading Library eBooks, eAudiobooks, Magazines and More

Open up the world of free library eResources, thousands of items available to browse, read, listen and watch.

In this session we will help you to download library eBooks, eAudio books, eMagazines, Newspapers, Music, Movies and more on to your device.

You will need your Library card and PIN to play along. If you are not a member or need assistance please see one of our team prior to the session.



**When:** Thursday 23 March 10AM - 10:45 AM

**Cost:** Free - Bookings Essential as places are limited

**Contact:** 03 9784 1020

### One-on-One Tech Help

Spend 1 hour with one of our tech team looking at your phone, tablet, iPad, laptop or other device. One on one sessions are available at our Frankston and Carrum Downs branches.

We can help with:

- settings on your devices
- downloading eBooks and eAudiobooks/Completing online forms
- sending and receiving emails
- photos
- downloading and using apps
- Wi-Fi/websites/Social Media



Click [here](#) to book a session or call **03 9784 1020**

All classes take place at Frankston Library, 60 Playne Street, Frankston 3199

For more information, visit <https://library.frankston.vic.gov.au/Community-Connection/News-and-Updates/News/Connect-with-Technology>



## FrankTalk

### Ultimate Walks & Hikes with Laura Waters

Award winning author, travel writer and long-distance hiker Laura Waters shares stories from life on the trail and provides inspiration for top walks around Australia.

In this special FrankTalk you'll also learn about the benefits of walking in nature and how to get out there.

Laura is author of travel memoir *Bewildered*, about hiking 7,444km down the length of New Zealand (Winner Best Travel Book 2021 in Australian Society of Travel Writers Awards for Excellence), and the newly released *Ultimate Walks and Hikes Australia*.

**When:** Saturday 4th March 11am - 12 pm

**Where:** Frankston Library,  
60 Playne St, Frankston VIC 3199

**Cost:** Free - Bookings Essential

**Contact:** 03 9784 1020 or [libraryevents@frankston.vic.gov.au](mailto:libraryevents@frankston.vic.gov.au)



## Frankston Combined Probus Club

Please join the Frankston Combined Probus Club for Morning Tea and enjoy an interesting and entertaining guest speaker.

Our club offers a diverse range of activities and outings.. Our motto is Fun, Friendship and Fellowship in retirement.

**Where:** Frankston Bowling Club  
Corner of Yuille and Williams Street

**When:** Friday, 17 February, 2023 9.45AM for 10AM start

**Cost:** Free - Bookings essential

**Contact:** Leah 0450 916 366 or email [fcprobus@gmail.com](mailto:fcprobus@gmail.com)



## Waterfront Festival

The Waterfront Festival is an epic summer celebration held in February, which kick-starts the City's annual event calendar.

Over two jam-packed days, the festival delivers the best live music, delicious food and drink for every member of the family, a great range of market stalls, rides and amusements galore, free activities and entertainment. Don't forget the always celebrated fireworks on the Saturday night.

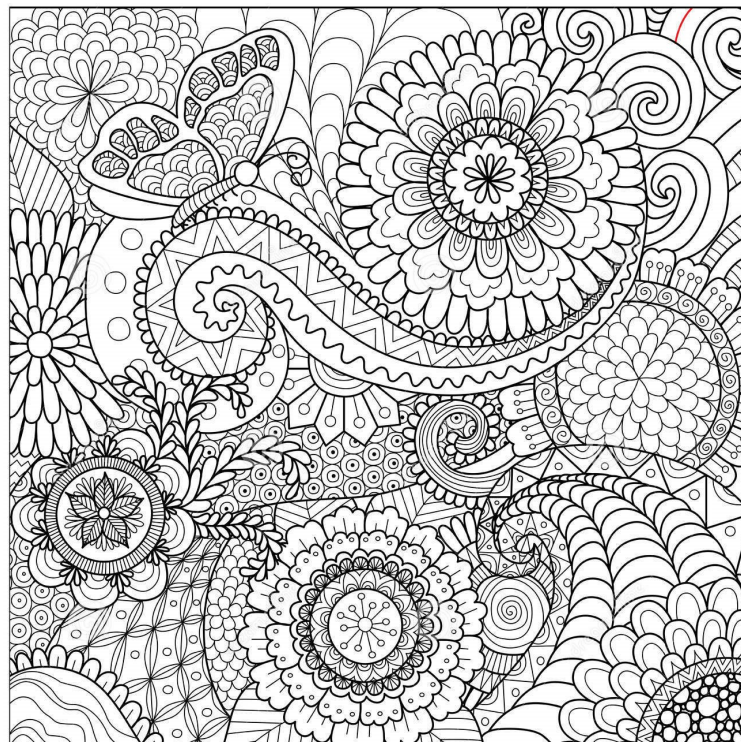
**When:** Saturday 18th February  
Sunday 19th February

**Where:** Frankston Foreshore, Frankston VIC

**Contact:** 1300 322 322

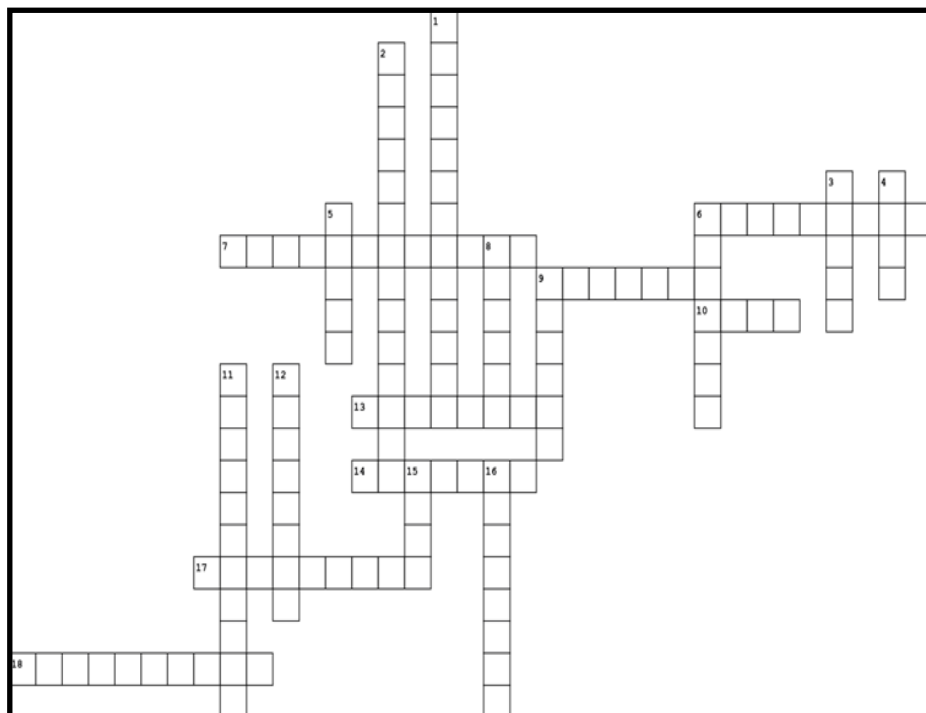


## Mindful Colouring





## Crossword



### Across

- 6. ask questions of sources
- 7. cultural history
- 9. used by historians
- 10. history is measured in
- 13. information
- 14. history is about
- 17. branch about past government
- 18. order

### Down

- 1. I dig for remains
- 2. I look at past cultures
- 3. language from which history came
- 4. its gone
- 5. historians tell this
- 6. studying the past
- 8. past men and women's history
- 9. history of people
- 11. buried remains
- 12. history as a subject
- 15. talking history
- 16. history of the economy

## Sudoku

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

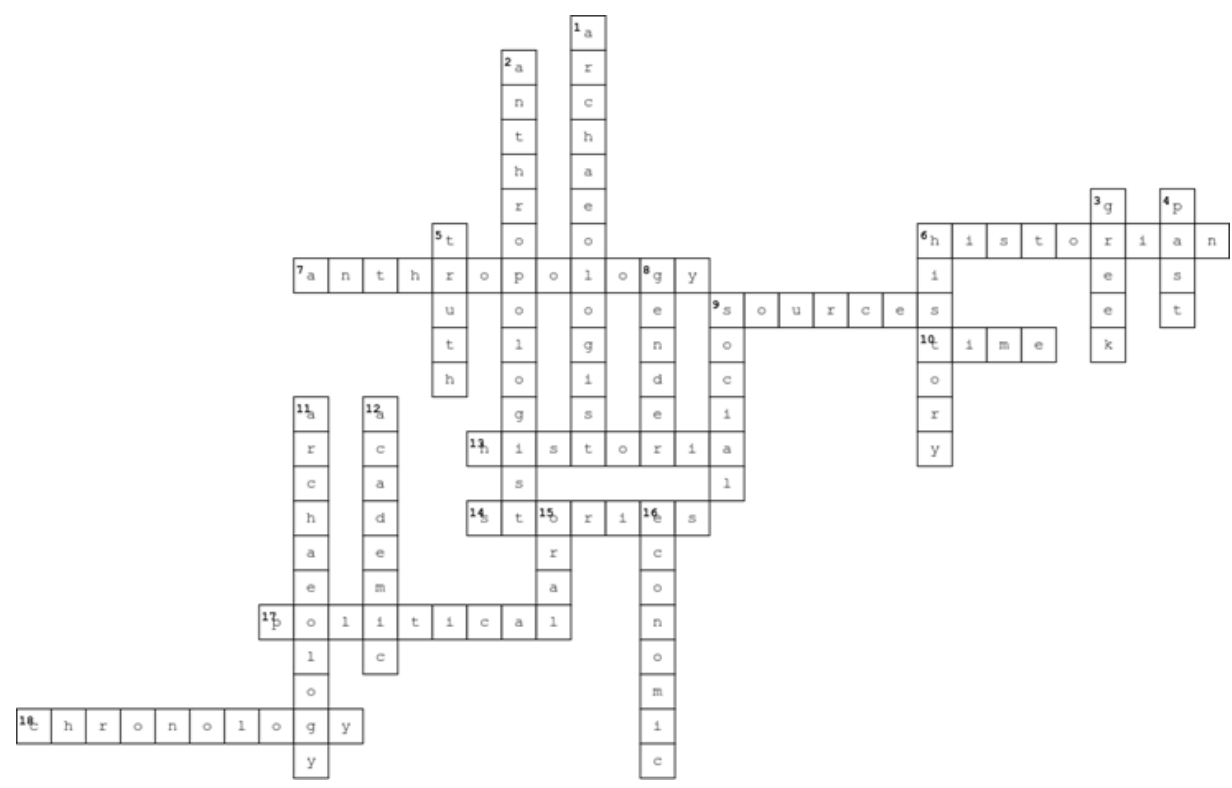
### Sudoku #1 - Easy

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

### Sudoku #2 - Intermediate

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

## Answers



### Sudoku #1 - Easy

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

### 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](mailto:PositiveAgeing@Frankston.vic.gov.au)