

# Positive Ageing Together Newsletter



November 2022 - January 2023

Lifestyle Capital of Victoria

## Welcome to the last edition of the Positive Ageing Newsletter for 2022

The weather is finally warming up, which means there is more time to discover all the exciting events happening around Frankston. Make the most of the warmer weather and try something new, learn a new skill or connect with other members of the community.

Start spreading the Christmas cheer early and come along to Frankston's Christmas Festival of Lights and enjoy a night full of carols and singing. Find out more on [page 5](#).

If you would like to gain confidence and develop skills to use your smartphone or other devices, Youngster Co is here to help! Head down to one of the free tech support sessions at Karingal Hub. More details on [page 5](#).

Looking for ways to meet new people and enjoy the longer days? Libraries after dark offers a range of interesting activities, so there's something for everyone! Find out more on [pages 8 & 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](mailto:PositiveAgeing@frankston.vic.gov.au) or call 9784 1046.

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Libraries After Dark

## Become a Volunteer Tutor with the Melbourne AMEP-VTS



Volunteer tutors support refugees and migrants to learn English and settle in Australia.

**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.

**You don't need to speak another language or be a teacher.**

**Melbourne AMEP will provide you with:**

- a free training course that includes practical ideas to help with your tutoring
- access to a variety of useful tutoring resources
- ongoing advice and support from professional staff
- regular skills development workshops and informal get-togethers.

For more information. Please visit [melbourneamep.com.au](http://melbourneamep.com.au) and click on "volunteer" or call 9269 1514



**VOLUNTEER TUTOR SCHEME**

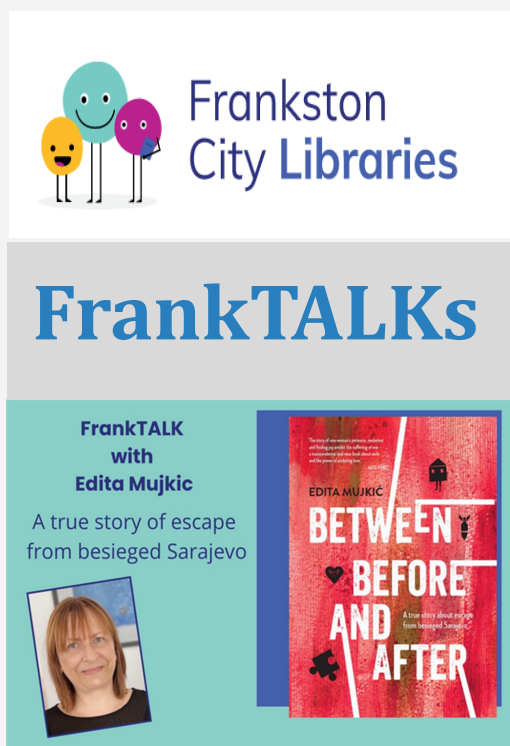
**CAN YOU SPARE 1-2 HOURS PER WEEK**  
supporting refugees and migrants to learn English?

MELBOURNE AMEP MELBOURNE POLYTECHNIC AMEP Adult Migrant English Program An Australian Government Initiative



The Adult Migrant English Program (AMEP) is funded by the Australian Government Department of Home Affairs.

## FrankTALK with Edita Mujkic



Today it's Ukraine, thirty years ago it was Bosnia and Herzegovina. A devastating war destroying the country: homes in ruins, people in disbelief. Frightened mothers leaving their husbands, the fathers of their children, and departing in panic to save their children.

In May 1992 Edita Mujkić fled war-torn Sarajevo with two young children, in a borrowed car, with two bags and fifty American dollars in her pocket. Her husband, Goran, stayed behind, trapped in the impenetrable siege.

Between Before and After, a true story about escape from besieged Sarajevo, tracks their six hundred days of involuntary separation: Edita's fears, anxieties, and her attempts to extricate her husband from the besieged city; Goran's epic struggles to survive in Sarajevo, with no food, no electricity, no water.

In 1994, Edita and her family arrived in Melbourne.

Join us as we welcome Edita to Frankston Library for a fascinating FrankTALK about her life, experiences and her biographical book, 'Between Before and After'.

**When:** Thursday 17 November 11am - 12pm

**Where:** Frankston Library, 60 Playne Street Frankston

**Cost:** Free - Bookings Essential

**Bookings:** To book, visit <https://library.frankston.vic.gov.au/FrankstonLibraries/Events> or call 9784 1020

## U3A Frankston

Do you have time now to pursue your interests but not sure where or how?

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



## Ann McGillivray - Coastal Rock Forms

Ann's inspiration by extensive travel throughout the Northern Territory and her respect for our environment is explored in her figurative representations of the Australian landscape, using thickly textured applications of oil paint and mixed media, including organic material.



**When:** Thursday 27 Oct to Saturday 28 January

Thursday to Friday 10am - 5pm

Saturday 9am - 2pm

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

**Enquiries:** For more information, please visit <https://artscentre.frankston.vic.gov.au/Whats-On/Art-Exhibitions/Ann-McGillivray>

## Have your say!

### Proposed National Centre for Healthy Ageing in Frankston City

The National Centre for Healthy Ageing (NCHA) is proposing to place a new STEM (Science, Technology, Engineering and Maths) play space and research facilities at Belvedere Reserve, in Seaford.

We're reaching out to the community to gather feedback on the hub, which will play a role in determining if Council will support the use of Belvedere Reserve for this purpose

The NCHA works to improve care practices and drive healthy, independent ageing in Australia. It involves top researchers, carers, clinicians, service providers and consumers.

Together, they research, test and implement new and innovative models of care to support people to enjoy better health, independence and participation in quality long life.

The NCHA proposals for Belvedere Reserve will incorporate an inter-generational learning and activity playground and an independent living lab with a mobility garden and outdoor exercise park.

To view the proposal and have your say, please visit <https://engage.frankston.vic.gov.au/>. We look forward to hearing from you!

## 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 please 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, please visit [frankstonnatureconservationres@parkrun.com](mailto:frankstonnatureconservationres@parkrun.com)



## Frankston's Christmas Festival of Lights

Frankston's Christmas Festival of Lights is filled to the brim with all the magic, wonder and joy the season brings.

This free event will have live entertainment, Christmas performers and carols, activities for the kids, and of course the chance to meet Santa.

You can find all your gifts at the Little Beauty Christmas Market which is also the perfect place to lay out your picnic rug and rest or watch the main stage entertainment on the big screen.

Did we mention you can see the Bluey Christmas Live Interactive Experience in the Frankton Arts Centre?

As evening approaches, bring the family together for the magical lighting of the 30m Norfolk Pine, followed by everyone's favourite fireworks display.

It's been a long time between festivals – we can't wait to kick off the festive season and celebrate with you and your family at Frankston's much loved, Christmas Festival of Lights

**When:** Saturday 26 November 5pm - 10 pm

**Where:** 30 Davey Street, Frankston

**Cost:** Free

**Enquires:** For more information, please visit <https://www.discoverfrankston.com/christmas-festival-of-lights>



## Senior Technology and Smartphone Support

Do you need help with your smartphone or tablet? The tech savvy teens from Youngster are here to help!

Every Saturday, Karingal Hub will host a FREE technology support program for Seniors and the community. The aim is to help older generations gain confidence and skills in the everyday use of the Smartphones and tech devices whilst also providing local teens and young adults an opportunity to gain valuable paid work experience.

**When:** Saturday 5 November 10am - 12pm

Saturday 12 November 10am - 12pm

Saturday 19 November 10am - 12pm

Saturday 26 November 10am - 12pm

Saturday 3 December 10am - 12pm

Saturday 10 December 10am- 12pm

**Where:** Karingal Hub, 330 Cranbourne Rd, Frankston VIC 3199

**Cost:** Free

**Booking:** To book, please call 9789 1192 or visit <https://www.frankston.vic.gov.au/Things-To-Do/Whats-On/Senior-technology-and-smartphone-support>



## Emergency Planning Advice Service - Pilot Program

### Do you have a plan for fire and other emergencies?

CFA and Red Cross are delivering a free service to the vulnerable residents of Frankston City.

### What is the service?

- The Emergency Planning Advice Service (EPAS) is a conversation-based program
- Supports people who live with a disability, are older, or have a chronic or acute medical condition to create a tailored emergency plan specific to their needs
- EPA is an in-home based service where Red cross and CFA facilitators visit you at your home
- These facilitators can give you basic emergency safety advice, answer your questions and offer suggestions to help with your plan



### Who is it for?

- EPA is designed for people who need everyday support to remain in their homes. This includes people who are older, and/or people who have a disability or chronic medical condition

For help with your emergency plan, please contact **1300 322 322** and ask to speak with the **Emergency Management Officer** or email [veronica.foster@frankston.vic.gov.au](mailto:veronica.foster@frankston.vic.gov.au)

## Citizen of the Year - Nominations

Do you know someone who goes above and beyond for their community? It could be an aged care worker, a local health nurse, or just a volunteer who just keeps giving. Or perhaps you would like to nominate a Community Group which has helped improve the quality of your life.

We are currently looking for nominees to acknowledge in our next Citizen of the Year Awards on Australia Day 2023.

Categories have been revamped and are as follows:

- Citizen of the Year: all people over the age of 21
- Young Citizen of the Year: all people aged 21 years and younger
- Community Group: a group of people in the community

Citizen of the Year nominations are open through to 25 November.

## Citizen of the Year - Selection Panel

Do you want to be on the selection panel to decide who the next Citizen of the Year should be?

The members of the Selection panel will serve for a three-month tenure and meet on 7 December to decide upon the winners. During the 26 January ceremony, each member will receive a gift of appreciation.

To nomination someone or express your interest to sit on the panel, by visiting our website: <https://www.frankston.vic.gov.au/Community-and-Health/Awards/Frankston-Citizen-of-the-Year-Awards>

## Interested in Volunteering?

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

The Excursions and Outings program encourages older residents to participate in activities to 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.

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 or email [amanda.smith@frankston.vic.gov.au](mailto:amanda.smith@frankston.vic.gov.au)

## Family History Club

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

All library members have access to

- Online database browsing
- Ancestry.com Library Edition
- Find My Past
- Frankston City Libraries Local History Collection



**When:** Friday 25 November 2pm - 4:30pm

**Where:** Frankston Library Long Room, 60 Playne Street, Frankston

**Bookings:** Bookings are essential. To book, please visit <https://library.frankston.vic.gov.au/FrankstonLibraries/Events/Family-History-Club> or call 03 9784 1020

## Mornington Peninsula Bonsai Club

The Mornington Peninsula Bonsai Club meets in Moorooduc the third Wednesday of the month except for December.

We are open to all people interested in Bonsai, the Club being in existence since 1979.

We have Excellent Speakers attend the Club Nights to talk and demonstrate to us, Workshops and general get-togethers.

It's a great way for beginners to learn the art from more experienced members.



**When:** Every third Wednesday of the month (except for December)

**Where:** Moorooduc Hall, Corner Derrill & Bentons Road, Moorooduc 3933

For more information contact the Secretary, **Jillian** on **0407 361 989**

## Libraries After Dark

Are you looking for free things to do after hours in Frankston City?

Then join us at Carrum Downs library on Thursday nights until 10pm and experience Libraries After Dark in person! Along with all the normal borrowing, computers and printing services, we have a range of activities, workshops, author talks and games.

Or just come in for a cuppa and a chat.

**Where:** Carrum Downs Library, 203 Lyrebird Drive, Carrum Downs 3201

**Cost:** Free – No bookings required

**Enquiries:** For more information please visit <https://library.frankston.vic.gov.au/FrankstonLibraries/Library-Services/Libraries>



## Book Chat

Join one of our Librarians, and a small group of locals, for a relaxed and informal chat about your favourite books. Or, just come along to talk about what you're currently reading!

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.

No bookings required, just come along.

**When:** Thursday 3 November 7pm - 8pm  
 Thursday 10 November 7pm - 8pm  
 Thursday 17 November 7pm - 8pm  
 Thursday 24 November 7pm - 8pm  
 Thursday 1 November 7pm - 8pm  
 Thursday 8 December 7pm - 8pm  
 Thursday 15 December 7pm - 8pm



## Jigsaw Puzzle Night

Jigsaw puzzles exercise both sides of the brain simultaneously and can improve short term memory. What's not to love? Join us for this Libraries After Dark event and enjoy puzzling with your local community. We'll provide the tea, coffee, biscuits and puzzles so you just bring yourself.

**When:** Thursday 3 November 6pm - 10pm  
 Thursday 1 December 6pm - 10pm

## Board Game Night

Challenge yourself with chess or jump into a game of Jenga! We have heaps of board games just waiting to be used at Libraries After Dark. Come alone or bring a friend to this fun and friendly board game night at Carrum Downs Library

**When:** Thursday 24 November 6pm - 10pm  
 Friday 25 November 6pm - 10pm



## Mindful Colouring Night

Have you tried mindful colouring? It's the simple and engaging way to meditate without having to close your eyes! We're hosting an evening of mindful colouring-in as part of Libraries After Dark and we would love to see you there. Come along and connect with your community. Children and adults are welcome!

**When:** Thursday 17 November 2022 6pm - 10pm  
Thursday 15 December 2022 6pm - 10pm



## Origami Night

If you've always wanted to try origami but are not sure where to start, then this is for you! Or perhaps you are already a pro and you have some folding skills to share. Come along to Libraries After Dark, enjoy a warm drink and a biscuit and let's see what we can create together.

**When:** Thursday 10 November 2022 6pm - 10pm  
Thursday 8 December 2022 6pm - 10pm



## 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**

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** Ph: 1300 015 500
- **Better Place Australia** Ph: 1800 639 523

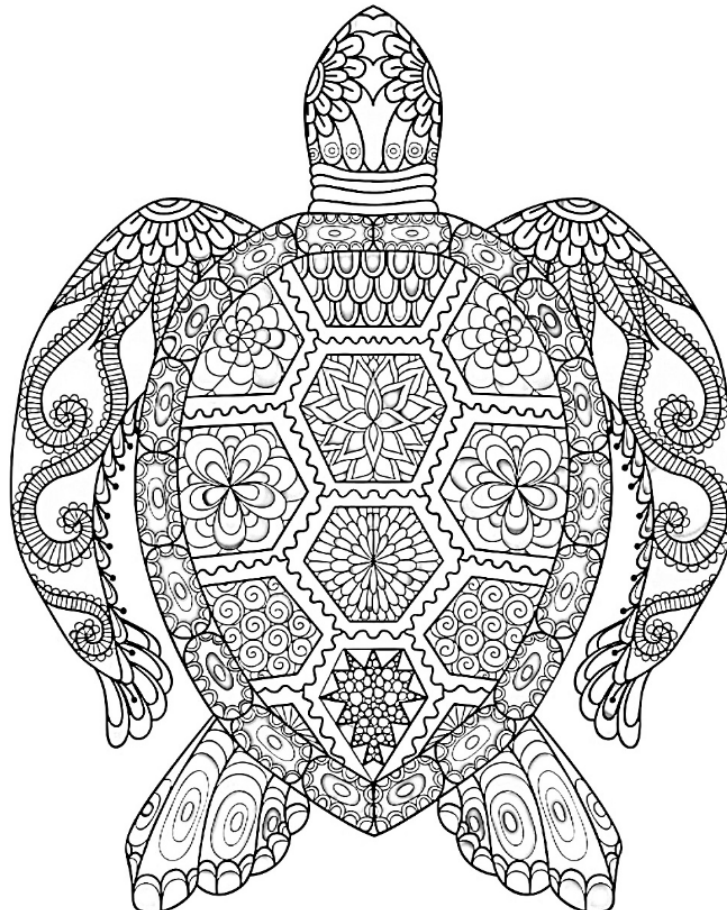
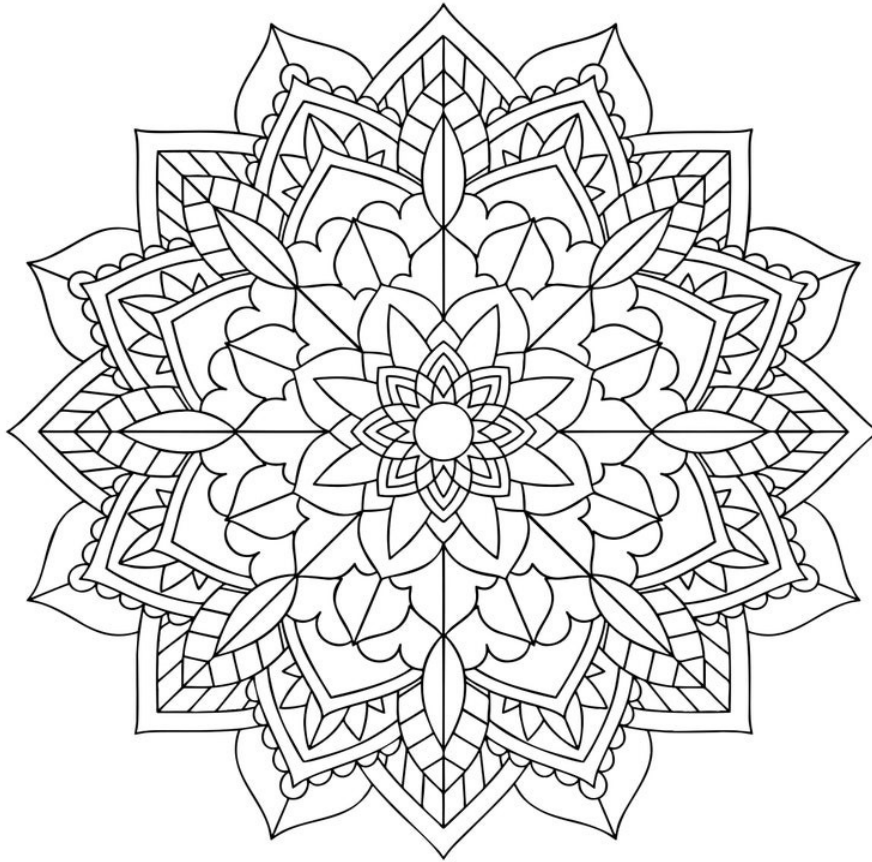
If you need support accessing aged care services, require advice or would like to speak to someone about your rights, **Older Persons Advocacy Network (OPAN)** is there to help and offers free, independent and confidential support

**Older Persons Advocacy Network (OPAN)** Ph: 1800 700 600

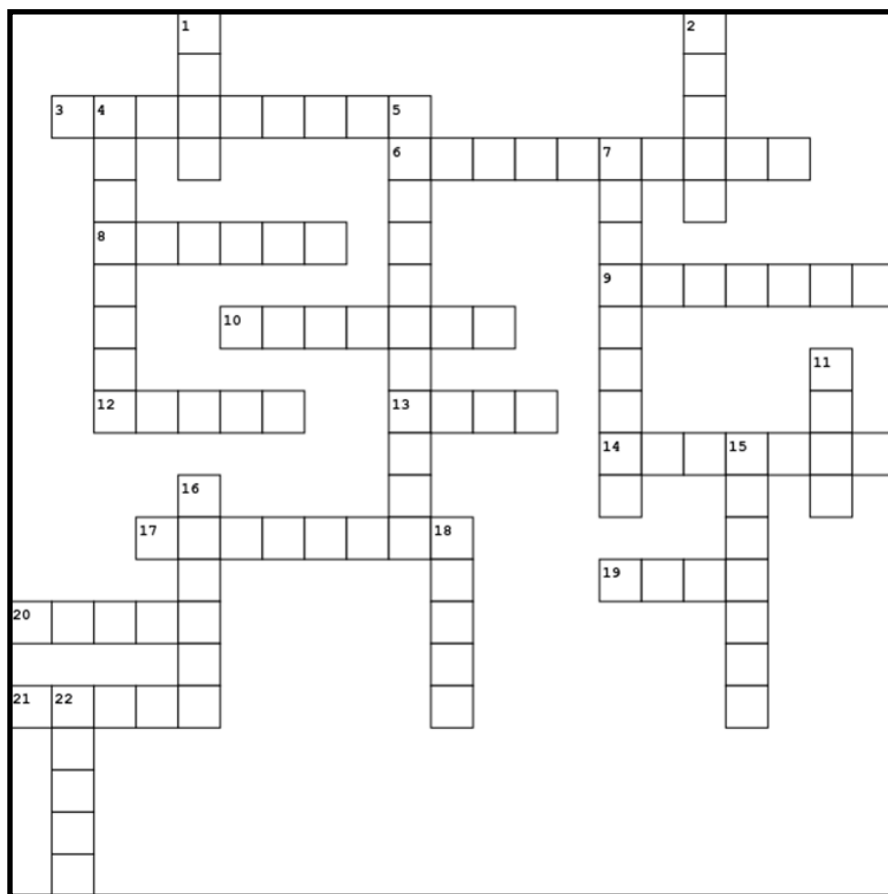
Everyone deserves to be treated with respect and dignity. For support and advice regarding elder abuse please contact:

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

## Mindful Colouring



## Crossword



### Across

3. A large hairy spider
6. A big land animal with a horn
8. Rain forest in Brazil
9. Fastest land animal
10. Has eight tentacles
12. Can be ridden and is found in Egypt
13. The king of the jungle
14. Cat that carries its prey up trees
17. Hops and is found in Australia
19. An amphibious animal that croaks
20. Part of the canine family and can laugh
21. Animal with black and white stripes

### Down

1. Is large and hairy and likes to eat honey
2. Is found in the ocean and has thousands of teeth
4. The ocean between North America and Europe
5. A group of islands
7. Has scales and is found in the Nile
11. The early bird catches it
15. Animal found in the South pole
16. Biggest desert in Africa
18. Water source in the desert
22. A patriotic American bird

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

### Sudoku #2 - Intermediate

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

## Answers

Answers to the crossword puzzle:

- 1b: e
- 2s: h, a
- 3t: t
- 4a: r
- 5a: a
- 6r: h, i, n, o
- 7c: e, r, o, s
- 8a: m, a, z, o, n
- 9c: h, e, e, t, a, h
- 10o: c, t, o, p, u, s
- 11w: o
- 12c: a, m, e, l
- 13l: i, o, n
- 14l: e, o
- 15b: a, r, d
- 16s: a, n, g, a, r, o
- 17k: a, n, g, a, r, o
- 18o: a, s, i, s
- 19f: r, o, g
- 20h: y, e, n, a
- 21z: a, g, l, e
- 22e: b, r, a

### Sudoku #1 - Easy

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

### Sudoku #2 - Intermediate

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

#### 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)

