



Positive Ageing Together Newsletter

December 2024—January 2025 Edition

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Welcome to the December-January edition of our PAT newsletter! As we embrace the festive spirit of Christmas celebrations happening throughout our community, we hope you take time to enjoy the summer break with friends and family.

This edition will shine a spotlight on the exciting activities available for seniors who want to get out and get active.

This issue also gives us the chance to reflect on the incredible success of the Seniors Festival in October, which brought us together in fun and good times. There were over 100 events throughout October with the majority being free or low cost. We would like to thank everyone that hosted an event and everyone that attended. We hope you enjoyed it as much as we did!

Lets carry that festive energy into the new year and embrace fresh opportunities for health and connection.

Here's to staying cool, staying connected and making this summer one to remember!

Additionally our **[Positive Ageing Together webpage](#)** has been updated! Discover the latest newsletter, upcoming events, community news and photos at the **[Frankston Council website](#)**



Frankston City Council acknowledges and pays respect to the Bunurong people of the Kulin Nation, 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 Positive Ageing by emailing positiveageing@frankston.vic.gov.au or call 0438 902 205

Hot Tips for Seniors

Smoke Alarms

Do you have a working Smoke alarm in your home?

If you don't, you are risking your life and the lives of your loved ones.

By law all homes are required to have working smoke alarms in living areas, but CFA also recommends having them in bedrooms.

CFA are offering to install free smoke alarms powered with a 10 year lithium battery in the homes of people who can not purchase, install or maintain their alarm themselves.

Contact 03 9781 5400 or email

firesafetyoutreach@cfa.vic.gov.au



The National Centre for Healthy Ageing

Make a difference in healthy ageing research.

The National Centre for Healthy Ageing invites you to join Voice Australia, the new platform for community involvement in research.

If you are someone who wants to connect with like minded people to help shape research in healthy ageing and wellbeing, then Voice Australia is for you!

Come along to local events and workshops in person, or take part online—there is something for everyone.

It is free and most activities offer rewards for getting involved.

Contact 03 9788 1722 or visit www.voiceaustralia.community

The Compost Rebate Program

Is available to all Frankston households, offering discounts on compost bins and equipment to help you start composting at home.

Its so easy to reduce food waste, whether through home composting or using kerbside FOGO bins.

You can choose from compost bins, worm farms, bokashi bins (my personal favourite), underground composters and even pet poo composters.

Contact Frankston Council 1300 322 322 or

order online www.frankstoncouncil.vic.gov.au



See you There

Midsummer LGBTIQ+ Pride March

The Frankston City and Mornington Peninsula LGBTIQ+ Collaborative are seeking expressions of interest from community members to march with them at the Melbourne's Midsummer Pride March down Fitzroy Street in St Kilda on Sunday 2nd February 2025.

Each year, a total of 7,400 people typically march to support and celebrate the LGBTIQ+ community, with 45,000 people lining the streets.

A free shuttle bus with stops in Mornington Peninsula and Frankston will be arranged to support people to get to the march and back home.

If you are interested in participating please submit your expression of interest to communitystrengthening@frankston.vic.gov.au or by calling 1300 322 322

2024 Frankston Life Community Lunch

Do you live in the Frankston area? Are you alone Christmas Day?

Are you struggling financially and wondering how you are going to make the day special?

If this is you, then Frankston Life would like to invite you to the annual Christmas Lunch.

When: Wednesday 25 December 2024 at 12pm

Where: Frankston Arts Centre

27-37 Davey Street Frankston

Tickets will be available online from 1st December at www.frankston.life/community/

Contact: Aimee - 0480 150 083 or aimee@frankston.life



Sustainable Workshops - Frankston Libraries and Waste Circularity

Tees To Totes: Get creative with your upcycling and turn a t-shirt into a tote bag under the expert guidance of our crafting guru Patty.

When: Friday 6th December 2024 10am -11am

<https://library.frankston.vic.gov.au/Whats-On/Tees-to-Totes>

From Hives to Home: Create your own Beeswax Food Wraps: Holly from Holly's Backyard Bees will teach us about all things beeswax, including how it is made, harvested and crafted into beautiful and sustainable products

When: Friday 13th December 1pm - 2:30pm

<https://library.frankston.vic.gov.au/Whats-On/From-Hive-to-Home-Create-Your-Own-Beeswax-Food-Wraps>

Where: Frankston Library, 60 Playne Street, Frankston, 3199

For information, please contact Frankston Libraries - 9784 1020



Spotlight - Lets Get Active

Rediscover the joy of sports with adapted programs designed for older adults. You can enjoy playing soccer, basketball, and netball, all in a fun, walking-only format. Join a team to stay fit, make new friends and relive the excitement of your favourite game—all at your own pace. During Seniors Festival month, Positive Ageing had the joy of attending walking basketball and walking football (soccer) which radiated warmth and inclusivity. We highly encourage you to join in—you won't be disappointed!

Walking Basketball Monday Social Game

Included: 40min game of walking basketball

Time: 11.15am - 12.15pm

Cost: \$55 includes 9 games

Place: Frankston & District Basketball Association

90 Bardia Avenue Seaford

Contact: Tanya Thomas 9776 8999

Website: www.fdba.com.au

Walking Soccer—is a 5-6 aside version of soccer played indoors. Its non-competitive, for women and men and you don't have to have any experience.

Commences Tuesday 14 January 2025

Time: 1.00—2.00PM

Cost: \$3

Place: Frankston South Community and Recreation Centre

2/55 Towerhill Road , Frankston South

Contact: Steve Jackson 0293 7122

Walking Netball—is a slower version of the game.

The game has been designed so anyone can play, regardless of age, ability, or fitness level.

When: Tuesday morning 9.30am, Thursday evening 7.00pm, Saturday morning 11am

Cost: Netball Victoria Registration \$20 and then \$10 per game

Place: Jubilee Park Netball 85 Hillcrest Road Frankston

Contact: 9776 5155 or email netball@fdna.com.au

Victorian Masters Athletics offers fitness, fun and fellowship across a range of athletic activities for men and women aged 30 and over. Be Active Be Social Be Safe

When: Thursday 7.00pm—9.00pm

Where: Ballam Park Athletics Track

Contact David Dodson 0498 717 245 email David.dodson@iinet.net.au

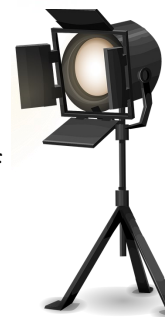
Walking Basketball Thursday Sessions

Included: Skills and drills, mini game

Time: 11am

Cost: Free





Spotlight—Lets Get Active

Pickleball— Looking for fun, fast paced and social sport that combines the elements of tennis, badminton and ping pong ? Pickleball is for you. Pickleball is a paddle sport played on a court similar to badminton, but with a lower net and smaller court size.

Frankston Centenary Tennis Club - 240 Centenary Park Dr Frankston North

Call 0417 741 177 or email info@fctc.net.au or visit www.fctc.net.au/pickleball/

Royal Pickle Club - 16/684-700 Frankston Dandenong Road Carrum Downs

Call 03 8845 8344 or email info@royalpickleclub.com.au or visit www.royalpickleclub.com.au

Cycling—Frankston and its surrounding suburbs boast a fantastic network of bike paths that are safe and accessible to everyone. Check them out on the Imagine Frankston

Website www.imaginefrankston.com.au

Riding with a group means you don't have to worry about working out where to ride, you can enjoy the company and camaraderie and can feel a lot safer.

U3A Frankston Inc run bike rides for over 50's and senior riders.

Ride: Weekly on a Sunday

Contact 9770 1042 or email office@u3af.org.au

Cycling without Age Australia Is a not for profit charity that provides a community service to those that are no longer able to ride for themselves with free rides on the trishaw e-bike piloted by volunteer cyclists.

CWA are currently raising funds to purchase another trishaw and a trailer to enable them to get around to those who are house bound.

To donate, volunteer or enquire about a ride: email cwawesternport@gmail.com or

www.cyclingwithoutage.org.au



Dancing

One standout observation from the Seniors Festival was just how popular dancing is. There are plenty of fantastic dance classes available around Frankston. Those that attended Susan's Dance Classes and would like to continue please contact: 0407 553 771

Of course there is so much more on offer!

Places to look are Local Community Centre's, Aquatic Centres, Sporting Clubs Keeping Active Directory on the Frankston City Council Website and Positive Ageing Together Newsletters.



That's a Wrap Frankston City Council Seniors Festival— as we wrap up a fantastic month of celebration and friendship, lets hold on to the great memories and the community spirit that brought us together!



That's a Wrap Frankston City Council Seniors Festival



See the Positive ageing together webpage for more photos at www.frankston.vic.gov.au

Senior Group News

Frankston Over 55's—Celebrating Pearl and Joy; A legacy of friendship and service. As Pearl and Joy retire from their roles as President and Vice President of the East Frankston Over 55's Club, we celebrate their remarkable years of service and the deep friendship that blossomed. Pearl's 14 years as a committee member and Joy's 12 years of dedication have enriched our community, as they organized countless trips and activities that brought happiness to all members. They leave behind a legacy of warmth and inclusivity. Wishing the new committee much success in continuing to provide enjoyable experiences for their members. Thank you, Pearl and Joy, for your incredible contributions.



Frankston Friendship Group also celebrated a wonderful milestone.

A surprise birthday celebration for founding member of the Frankston Friendship Club (founded in 1993), Mickie Neale who turned 100 years old. Mickie is a very independent lady who enjoys all social activities within the club and is much loved by all. Wishing Mickie a very happy birthday.



Chinese Senior Citizens Club— where friendship and fun flourish! The club meets regularly to enjoy classic games of mahjong, dancing, Tai Chi and singing.

When: Sunday 9.30am—11.30am

Cost: Free

Where: Orwil Street Community House, 16 Orwil St Frankston

Contact: Ming 0488 990 499 or call the Community Centre 9783 5073

U3A Frankston

Are you retired or semi-retired and enjoy staying connected with your community as well as expanding your knowledge and keeping your grey matter in tip-top condition?

Come along to U3A Frankston. We offer many and varied classes

Classes resume Tuesday 28th January 2025.

Where: Karingal Neighborhood Centre, 103 Ashleigh Avenue, Frankston

Enroll now to ensure your place in our classes. Enroll on-line at www.u3af.org.au

Or contact our friendly office staff on 03 9770 1042 for further information.

Inclusive Frankston

Langwarrin Community Centre—Close Knit Community

The Langwarrin Community Centre Knitting and Needlecraft group has been bringing together 10-12 ladies every Wednesday since August 2023 for hours of creativity and companionship. In addition to knitting, they share laughter, celebrate birthdays, swap home-grown produce and offer friendship and support. Their contributions include donations of toys, hats, scarves and bags to organisations like Rotary and the Salvation Army, fostering a vibrant community spirit that truly embodies social inclusion.

If you would like to join, contact 03 9789 7653



Mornington Peninsula Bonsai Society

Had its last meeting on the 20th of November.

They will recommence on the 15th January, 2025, meeting every third Wednesday of the Month at 7.30pm, except for December.

New members welcome,

Contact : email jillian24@bigpond.com or call 0407 361 989.

Frankston Beach

Accessible beach matting has arrived in Frankston, promoting inclusivity and ensuring everyone can enjoy our beautiful beaches. Made from 100% recycled materials, this temporary matting provides a stable surface for individuals with mobility challenges, families with strollers, and those who are blind or vision impaired. The official launch took place Saturday 30 November 2024 at the Frankston Yacht Club and was a celebration of community, collaboration, with the support from local organisations, such as Rotary Frankston Peninsula 2.0, Frankston Yacht Club and Accessible Beaches Australia. The matting will be available outside the yacht club on Saturdays this summer during operating hours, making beach access easier for all.

For more information contact Frankston Yacht Club via email frankstonyachtclub@gmail.com



Frankston Arts Centre

A Christmas Special

Get ready for a concert filled with laughter, joy, and the true spirit of Christmas! Join us in the theatre for a sensational Christmas celebration featuring star tenor Roy Best (Opera Australia), the award-winning singer Michelle Fitzmaurice, and our hilarious compere Chris McKenna.

Be prepared to “singin” the festive season, with all your Christmas favourites!

When: Friday 13 December,

Time: 10.30am & 1.30pm

Where: Frankston Arts Centre

27-37 Davey Street Frankston

Cost: Tickets: \$22 - \$24

Contact: Book online at

thefac.com.au

or call 03 9784 1060.



David Hobson: Hear me now.

Experience an unforgettable journey through the world's most beloved melodies, from the grandeur of opera to the timeless charm of musical theatre, led by the extraordinary David Hobson.

With many songs to sing, stories to tell and a little comedy, this new concert, by David Hobson will delight those who love beautiful music.

When: Friday 7 February 2025,

10.30am & 1.30pm

Where: Frankston Arts Centre

27-37 Davey Street Frankston

Cost: Tickets: \$22 - \$25

Contact: Book online at thefac.com.au

or all 03 9784 1060.



Community Centre News

Ebdale Community Centre

Join us for a full day of engaging activities, including low intensity chair based exercises, stimulating crossword puzzles, lively quizzes, and music bingo. Take a leisurely walk or participate in games like cribbage and scrabble with fellow participants. We cant wait to see you there!

When: Every Tuesday except Public Holidays

Time: 10am—2pm

Where: Ebdale Community Centre, 20 Ebdale st Frankston

Program can be funded through NDIS plan, My Aged Care, Home Care Package, The Commonwealth Home Support Programme (\$7) or privately funded.

Contact: 03 8791 0200 Pat 0476 356 611 or email pratixa.patel@visionaustralia.org

Green Thumbs Garden Club

Karingal Place Neighbourhood Centre is starting a new community garden in 2025 and we want YOU to be part of it! Whether you're an experienced gardener or just starting out, come grow and learn with us.

When: Tuesdays

Where: Karingal PLACE Neighbourhood Centre
103 Ashleigh Avenue, Frankston

Contact: 8786 6650 or email karingalplace@frankston.vic.gov.au



Lyrebird Community Centre

Gentle Exercise Program—this course involves gentle movements designed to help improve strength, balance, flexibility, fitness and mobility.

When: Thursday Class 1: 9.30am—10.30am
Class 2: 10.45am—11.45am

Where: Lyrebird Community Centre.
203 Lyrebird Drive Carrum Downs

Cost: \$10 per session

Contact: Bookings essential 9782 0133



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