



Positive Ageing Together Newsletter

June—July 2024 Edition

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As the cooler months roll in, its time to heat things up with our exciting line-up of winter events and activities designed just for you! So grab your calendar, mark down the dates and get ready to make some unforgettable memories with your fellow seniors this winter.

Whether it's a leisurely stroll in the park, a spirited book club discussion or an amazing local musical, we are here to make sure your winter season is packed with laughter, friendship and plenty of good times!

In this edition, we are shining a spotlight on the vibrant activities and events happening in our local men's social clubs/groups. There's a wealth of opportunities for you to connect with fellow gentleman in our Frankston community.

Here's to staying warm, staying connected and making this winter one to remember.



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

Public Transport Victoria—If you're a Victorian senior , you may be eligible for a free Seniors myki and 50% discount on travel , as well as other benefits.

The Seniors myki gives you:

- 50% discount on trains, trams and buses, including V/Line train and coaches
- Free weekend travel in any two consecutive zones and on regional town buses
- Free travel during the annual Victorian Seniors Festival
- Access to free travel vouchers

To be eligible you must have a Victorian Seniors Card.

- International seniors aren't eligible for concession fare
- The Seniors Business Discount Card doesn't give discounted public transport

For up to date public transport information , view the information on www.ptv.vic.gov.au , visit the Hubs (Southern Cross Station) or call 1800 800 007



Elder Rights Advocacy—supports people who are having issues with their aged care service with free, independent, confidential information.

Through their community visitor program, Elders Rights Advocacy can connect older people with caring volunteers for friendship and companionship.

Education sessions are also available to help you understand the aged care system and the rights you have.

Freecall 1800 700 600 or (03) 9602 3066 or visit www.elderrights.org.au

Interpreters available on request.

Community Plate Local Food Map

The Community Plate believes that everyone in our community has the right to access abundant, vibrant and nourishing food. They have created the online Local Food Map to support the community to find nourishing foods locally.

The map lists community gardens, food swap and grow free share carts, food relief and support, farm gates, community markets, bakeries and much more.

The online map showcases hidden gems and local food spots around

Frankston and the Mornington Peninsula .

Ready to explore?

Head to www.communityplate.org.au



See you There

Join us at Wingham Park Senior Activity Space!

Whether you are just wanting to meet others or looking for a fun and exciting way of keeping active, join us at the Wingham Park Senior Activity Space!

Come and chat to our Wingham Park Senior Exercise Champions and learn how to use the equipment by trained volunteers!

When: Every Friday (Except on Public Holidays) 10:30AM - 11:30AM

Where: 103 Ashleigh Avenue Frankston VIC 3199

Contact : Johanna Varghese Positive Ageing 0438 902 205



Financial Knowledge - The Age Pension Explained

Want to find out more about the Age Pension?

Feeling confused about the Age Pension, My Aged Care and everything in between? Services Australia is here to help!



Financial Information Service Officers from Services Australia (formerly Centrelink) will explain everything you need and want to know about the Age Pension, including eligibility, means testing, the asset test, Work Bonus and My Aged Care.

Don't miss out and book your spot today!

When: Wednesday 12 June 10am -12:30pm

Where: Healthy Futures Hub
151 East Road Seaford 3198

Cost: Free

Bookings: trybooking.com/CRRVS or scan QR code

Contact: Positive Ageing Johanna Varghese 0438 902 205

Bookings essential



Seniors News

World Elder Abuse Awareness Day - June 15th

WEAAD is celebrated each year globally, providing an opportunity for communities to stand together against the abuse, mistreatment and neglect of older people.

Elder abuse comes in many forms. It can be financial, emotional, psychological, physical, sexual or social. Elder abuse can occur once, or many times and can vary in severity from subtle through to extreme. It can include one or a combination of the different types of abuse.

Elder abuse affects people of all genders and all walks of life.

Senior Rights Victoria works to prevent elder abuse from occurring by offering free legal advice and information as well a range of educational and advocacy activities.

You can learn more about elder abuse and the services of Senior Rights Victoria by visiting the website www.seniorsrights.org.au

If you are experiencing elder abuse call Senior Rights Victoria helpline on 1300 368 821

For nationwide assistance and to access additional resources in 20 different languages, call the Australian Human Rights Commission on 1800 353 374 or visit www.humanrights.gov.au/elderabuse



Carer Health & Wellbeing Service

Are you a carer aged over 50 years caring for someone over 65 years?

Do you have health and wellbeing goals that you need help with?

Our allied health team would love to help!

Could you benefit from our services?

Psychology
Including counselling, cognitive behaviour therapy, psychotherapy, talk therapy, education.

Occupational Therapy
Including energy conservation techniques, mindfulness strategies, planning & self-management skills, environmental assessment & adaptation, sleep hygiene.

Social Work
Including advocacy & referral, respite services, housing support, family therapy, health and human services.

Physiotherapy
Including manual handling, range of movement & strength exercises, education, home exercise programs, walking/mobility aids prescription.

We care about your health

Evidence shows it is important for carers to look after their health and wellbeing. Doing so helps them to help others.

- Located at Orwil Street Community House, Frankston
- In-person, telephone or telehealth appointments available
- Open Friday 9:00am - 5:00pm

1300 665 781

Funding for this free service via the Commonwealth Government of Australia through the Community Health and Hospitals Program Grant Scheme and partnerships of the National Centre for Healthy Ageing, Monash University and Peninsula Health.

Pathways for Carers

Frankston CARER GROUP

Offering carers of people with disability, mental illness or elderly people a chance to attend free walking events in Victoria, and to learn more about news, services and supports available to them.

Free morning tea & guest speaker after each monthly walk!

WHEN First Thursday of each month from 9:30am - 11am
1 February, 7 March, 4 April, 2 May, 6 June, 4 July, 1 August, 5 September, 3 October, 7 November, 5 December

WHERE Meet on the boardwalk next to Frankston Life Saving Club
1 Long Island Drive, Frankston

CONTACT Email: manager@orwilst.org.au
Phone: 9785 5073

QUESTIONS?

To learn more, including how to be part of setting up a walk in your local neighbourhood within Victoria, contact the NHVIC Carers Project Coordinator:

FIND A WALK NEAR YOU!
Visit: pathwaysforcarers.com.au

📍 @pathwaysforcarersvic

📍 @pathways_for_carers_vic

📍 @pathways-for-carers-victoria

Community Centre News

Hot Topics for Cold Months—Workshops at FCC Community Centres

Frankston North , Frankston South and Karingal Place Community Centres are coming together to host a range of fun and informative sessions this winter.

June, July and August 2024 are dedicated to workshops that are relevant to the community.

Covering topics such as:

Aged Care - what's available

Legal information - wills and power of attorney

Safety - both online and in the community

Chronic Health - from dementia to diabetes

Physical health and falls prevention

Carers and caring - support networks

Relationship and sexual health

Grief - understanding the impacts



Booking are essential , please visit Eventbrite to book or reach out to your local community centre:

Frankston North Community Centre- 8773 9545

Frankston South Community and Recreation Centre- 9293 7122

Karingal Place Neighbourhood Centre- 8786 6650

Langwarrin Community Centre

Close Knit Community Knitting/Needlecraft

Do you enjoy knitting, crocheting, tapestry, embroidery?

Would you like to make new friends, do your needlework in

company, share patterns, create for charity and help others with their chosen craft?

If that's a **YES**, please call us to register.

When: Wednesday 10.30am—2.30pm

Where: Langwarrin Community Centre , 2 Lang Road Langwarrin

Cost: \$5 per session

Contact: 9789 7653

Guided Art Classes—Paint and Chat

Come and create your own masterpiece with Rachel Baker.

Wonderful things to paint and draw and find your inner Picasso

Most materials provided.

When: Friday 1.00pm—3.00pm

Where: Langwarrin Community Centre , 2 Lang Road Langwarrin

Cost: \$25 per session or \$132 for 6 sessions

Contact : 9789 7653 to register



Orwil Street Community House

Is a small, friendly neighbourhood house located in central Frankston.

The house offers low cost activities for people of all ages and provides a venue for community groups to meet.

Gardening with Erin—learn how to grow your food and help maintain our community gardens.

When: Saturday 9am—12pm

Cost: Gold coin donation

Walking to wellness—weekly sessions that are held in the Community House and utilise the local community street and park next door.

When: Monday 9.30 am—10.30am

Cost: Free

Tai Chi—perfect for all levels, from beginner to advanced. Join us for a relaxing and rejuvenating experience that will leave you feeling centred and refreshed.

When: Saturday 10am

Cost: \$7 per session

Meditation—Relax and heal through a peaceful guided mediation.

When: Tuesday 9.30—10.30am

Cost: \$5

Please contact Orwil Street Community House for more information.

16 Orwil Street Frankston

9783 5073

www.orwilst.org.au/classes-groups



Lyrebird Community Centre

Morning Melodies—Join us for a cuppa and a sing-a-long

When: 17th July 2024 10.30am—12 noon

Where: Lyrebird Community Centre , 203 Lyrebird Drive Carrum Downs

Cost: \$12

Contact: Bookings essential. Please call 9782 0133



Frankston Senior Groups News

Probus Club of Frankston

For a day filled with friendship, fellowship and fun, come on down to Frankston RSL!

The Probus club of Frankston meet 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 most welcome.

When : First Wednesday of every month at 10am

Where : Bowls Pavilion Frankston RSL , 183 Cranbourne Road Frankston

Contact : Clyde 0478 753 702

Why join a senior group?

Provides social activities such as games , craft, music, dance , food and outings.

Provide Genuine community and social engagement.

Promote active and healthy living.

Provide learning opportunities and peer to peer support.

Head to Frankston City Council Active Ageing Website www.frankston.vic.gov.au to find a full list of local groups waiting for you to join.

Polish Seniors Frankston

Members of Polish heritage that meet up socially to find new friends of a similar age, cultivate polish custom and language, participate in organised local trips around Victoria and most importantly HAVE FUN! Come along and enjoy tea and coffee, conversation, bingo, celebrations and cards.



Last month, the Polish Seniors of Frankston celebrated the club's 30th anniversary! It was a beautiful day reflecting on the memories they have shared over the years and the friendships cultivated. There was an abundance of laughter, friendship and food!



The club meets every second Wednesday 1pm - 4 pm

Where: Leawarra House 200 Beach St Frankston

Contact: Dominika 0468 640 786

"Any Poles; any Australian feeling like Poles are welcome to our club" Club President Domenika



Amendment to last PAT —East Frankston Over 55's address is Leawarra House 200 Beach St Frankston

Frankston Art Centre News

Tina—the ultimate tribute to the queen of rock and roll.

Get ready to take a step back in time !

Get the electrifying concert experience of Tina Turner with this glorious, energetic stage production, brimming with Tina hits from 60's, 70's, 80's and 90's.

The powerful raspy vocals, high intensity dancing and thrilling stage presence of Caroline Borole on stage, complete with band, brass section, backing vocalist and dancers to make this the definitive tribute and a fabulous fun night out.

When: Sunday 16th June 2024 at 7.00pm to 9.30pm

Where: Frankston Art Centre

Cost: Full \$73 Senior \$ 66.10

Contact: Book online [here](#) or call 9784 1060



The Grandparents Club Comedy Musical

A brand new sparkling comedy musical that celebrates the wonderful world of grand-parenting, written by comedy legend Wendy Harmer with music by John Field (Cockroaches).

When: Friday 19th July 2024

First session 3.00pm—4.30pm

Second Session 7.00pm—8.30pm

Where : Frankston Art Centre

Cost : Full \$69.50 Seniors \$ 64.50

Contact : Book online [here](#) or call 9784 1060



Agatha Christie's The Mousetrap

This thrilling West End production is THE genre defining murder mystery from the best selling novelist of all time ...case closed!

Strangers in a guesthouse discover they have a killer in their midst . Which one is the murderer ? Who will be the next victim? Can you solve this world famous mystery for yourself?

When: Wednesday 31st July 7.30pm to 9.50pm

Where: Frankston Art Centre

Cost : Full \$99 Concession \$90

Contact: Book Online [here](#) or call 9784 1060



Frankston City Library

Frankston Library is committed to building the online safety of our community .

Learn new skills or dive into interesting topics with our FREE in person sessions in the library.

Sessions are held at Frankston and Carrum Downs Library.

Frankston Library

10am June 4th - Selling Online

3pm June 25th—Android Phones

10am June 27th - Wi-Fi and Data Plans

10am July 9th— Online shopping and Banking

3pm July 23rd—Can you spot a scam?

10am July 25th—iPhone basics

Carrum Downs Library

3pm June 6th—Technology for Health

3pm July 11th—Government Websites



Bookings can be made online at <https://>

library.frankston.vic.gov.au/Community-Connection/Be-Connected or by calling 9784 1020

Frankston City Libraries are thrilled to launch Heritage Frankston, their new local history database.

This exciting resource gives you online access to historical maps, photographs, oral histories and newspapers.

Come along to a free information session and learn all about what resources have been added to Heritage Frankston so far, what is still to come, and how you can contribute to preserving history!

To visit **Heritage Frankston** www.library.frankston.vic.gov.au/home

To book in with Local History Librarian for information session call 9784 1020



Spotlight Senior Men Groups

That's The Thing About Fishing—an amazing not for profit organisation dedicated to helping the community through group social interaction of fishing. Did you used to fish but no longer have the gear or never fished and have no idea where to start—don't worry as TTTAF have it covered. They provide all the fishing gear even the bait .

You can get involved either as a volunteer or a participant.

If you are interested in volunteering contact Glenn on 0457 363 701

If you are keen to participate

When : Monday , Wednesday and Friday

Time : 9.30—11.30am

Where : Frankston Pier

Cost : \$5



Tough Guy Book Club— a group of local guys that catch up once a month at Hotel Lona to discuss the nominated book, the club is reading.

This is an inclusive, friendly and casual group that is open to men over the age of 18 years at no cost and no pressure to even read the book. Come along and join in the conversation and make some meaningful connections with other local men.

When : First Wednesday of every month (except January)

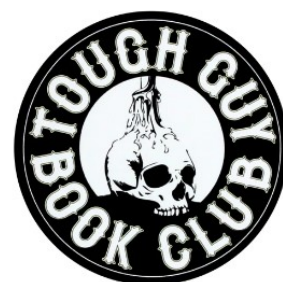
Time : 7pm till about 10pm

Where : Hotel Lona 473 Nepean Hwy Frankston

Cost : FREE

Contact : Matt via email info@toughguybookclub.com

Or check out the website www.toughguybookclub.com/about_us



Frankston Sunrise Wanderers—is a bunch of local guys of all ages that get together on a Sunday morning once a month to take a leisurely 5km stroll and chat . No pressure, no expectation or affiliations, just fresh air, good company and a bit of movement to start the day .

All you need to do is turn up ready to walk , bring your dog , bring a mate.

The routes are as accessible as possible—on concrete , tarmac or gravel and finishing on the beach.

Stick around for a self purchased coffee afterwards.

When : First Sunday of each month

Time : 6.30am leave

Where: Commonfolk Coffee 465 Nepean Hwy Frankston

Cost : FREE

Contact : Matt via email at artbypigasso@gmail.com

or check out their website www.sunrisewanderers.com.au

or **just turn up.**



Spotlight Senior Men Groups (Continued)



Pines Men's Shed

Is a community based, non-commercial organization that is accessible to all men . They promote the mental, physical, emotional and economic well-being of men in the community.

Men can just come to have a yarn and a cuppa if that's all they're looking for.

Members of Men's Sheds come from all walks of life - the bond that unites them is that they are men with time on their hands and would like something meaningful to do with that time. It's a safe and happy environment where men are welcome to work on community projects, specific Men's Shed projects or a project of their choice in their own time and where the only "must" is to observe safe working practices...all in a spirit of mateship.

When: Monday—Saturday 8am—6pm

Where: 14 Stringybark Cres Frankston North

Contact: Andrew Maling/Brian Dixon 9786 1008



MenSay is a social support group where men can share each other's experiences and discuss the role that men play in society, in a safe and confidential setting.

The purpose of MenSay is:

- To support each other and ourselves by helping others
- To challenge prejudice by exploring and respecting differences and embracing inclusiveness
- By defusing the confusion of what the role of men is, in an ever-changing world
- Discussing issues in a non-political and non-judgemental environment

When: Monday 7pm—9pm

Where: Belvedere Community Centre , 151 East Road Seaford

Cost: \$5

Contact: 9776 8922 or email reception@belvedere.org.au



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