

Victorian Seniors Festival 2024



**EXPLORE.
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Seniors Festival 2024

Local events proudly supported by Cardinia Shire Council.

Royal Australian Navy Big Band

**Live show and Devonshire tea
Hosted by Cardinia Cultural Centre**

Enjoy a pre-show Devonshire tea, followed by an exhilarating performance by the Royal Australian Navy Big Band. A dynamic ensemble, performing a repertoire of traditional swing, classic big band and popular music.

Date: **Wednesday 16 October**
Time: **10am-12pm**
Venue: **Cardinia Cultural Centre,
40 Lakeside Blvd, Pakenham**
Cost: **\$15pp**
Bookings: **1300 887 624***
Web: **www.cardiniaculturalcentre.com.au**

*Visitors with mobility aids / wheelchairs must call to book tickets.



Seniors Sports Day - a great day out!

Hosted by Cardinia Life

This event promises to be so much fun! Talk to your friends and bring them along. Refreshments will be provided.

Come along and try an activity you have never done before, including: walking basketball, table tennis, pickleball, tai chi, multicultural dance, chair-based exercises and more!

All activities will be modified to suit older adults. The day will offer a fun, relaxed, not too competitive atmosphere. Wear your comfortable clothes. There are also prizes to be won!

Date: **Wednesday 30 October**
Time: **10am-2.30pm**
Venue: **Cardinia Life
4-6 Olympic Way, Pakenham**
Cost: **Free**
Bookings: **Registrations encouraged
bit.ly/SeniorsSportsFestival2024**
Enquiries: **5945 2888**

**FREE
event
for all!**



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Free public transport

From 6-13 October 2024, Victorian Seniors Card and Seniors Business Discount Card holders can enjoy eight days of free public transport Victoria-wide!

This includes travel across all metropolitan services, V/Line train and coach services, and selected regional bus services outside of the Myki-enabled area.

Celebration Day at Federation Square

Make use of the free public transport for Seniors and join the official Victorian Seniors Festival launch at Celebration Day on Sunday 6 October! With live performances throughout the Federation Square precinct across the day, there'll be something for everyone.

Statewide events and free travel information:
www.seniorsonline.vic.gov.au
or Seniors Online **1300 797 210**.

Punjabi folk dancing

Immerse yourself in cultural dance and Indian cuisine, and learn about cultural festivities of Southeast Asia at this event hosted by Cardinia Senior Citizens Group! Morning tea and lunch provided.

Date: Saturday 19 October

Time: 11am-2pm

Venue: Beaconsfield Neighbourhood Centre,
8 O'Neil Road Beaconsfield

Cost: Free

Enquiries: Jagtar Singh Sodhi
0404 014 499
jagtarsinghsodhi@yahoo.com



Health and Wellbeing with Officer Gurdwara

Presented by the National Ageing Research Institution, Officer Gurdwara invite you to attend an activity-filled afternoon highlighting the importance of ageing well, covering healthy eating, exercise, hydration, and brain health! Refreshments and dinner provided.

Date: Saturday 26 October

Time: 2.30 - 7pm

Venue: Officer Gurdwara 'Siri Guru Nanak Darbar',
33 Officer Rd, Officer

Cost: Free

Register by SMS: Harpreet Singh Kandra
0447 028 688



For more information about Seniors Festival events happening across Cardinia Shire, visit www.whatsoncardinia.com.au or call Council's Ageing Well Team on **1300 787 624**.

