

**FREE**

# Ageing Well



Creating an age-friendly shire

Edition 19 – September 2024

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- collect from pickup point (see p8)
- large print format
- read online
- subscribe today to join the mailing list



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[www.cardinia.vic.gov.au/newsletters](http://www.cardinia.vic.gov.au/newsletters)

### For more information:

Email: [ageingwell@cardinia.vic.gov.au](mailto:ageingwell@cardinia.vic.gov.au)

Web: [www.cardinia.vic.gov.au/ageingwell](http://www.cardinia.vic.gov.au/ageingwell)

## Victorian Seniors Festival

### Explore, engage, evolve during this month of festivities!

October is jam packed with entertainment and events celebrating older adults right across Victoria.

From concerts and live music to dances, exhibitions, film festivals and activities – something for everyone!

The Victorian Seniors Festival Country Concert series returns to bring the fun of the Festival to rural communities. The popular Victorian Seniors Festival Aged Care Tour will bring magic, music, and entertainment to aged care residents across the state so they can also enjoy great Festival performances.

### Get active and be entertained in Cardinia!

Cardinia Shire Council is supporting local events, including a Seniors Sports day at Cardinia Life. Organise a few friends and come try a variety of fun, modified sports activities. Cardinia Cultural Centre also invites you to a performance by the Royal Australian Navy Big Band with a live show and Devonshire tea. And, join a vibrant multicultural seniors open day offering delightful entertainment and cultural cuisine!

### Be part of the fun this October.

For more details, see p 4 and 5 in this newsletter and look for the printed Victorian Festival guide at your local Coles supermarket.

Victorian Seniors Festival 2024



Victorian Seniors Festival 2024



Victorian Seniors Festival 2024



EXPLORE. ENGAGE. EVOLVE.



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# Financial resilience

## Bring your bills day

Bring your bills along and speak to the experts! You can seek advice on electricity, gas, and water bills, as well as tenancy rights and consumer rights. Services will also be available to provide advice on fines, utility relief grants, concessions, and more! Southeast Community Links (SECL) will have financial counsellors available on the day to provide free confidential advice. Bi-lingual staff and interpreters available. Lunch will be provided.

### For more information:

Ph: **9791 8344**  
Email: **info@secl.org.au**

Date: **Tuesday 24 September**  
Time: **11am-3pm**  
Venue: **Pakenham Hall / Library,  
Cnr John and Henry  
Street, Pakenham**

Bookings: **No bookings required,  
just drop in!**

## Help and support for:



## Having trouble paying your fines?

The Peninsula Community Legal Centre operates a free fines clinic to provide eligible participants assistance to work off their fine debt through the Work and Development Scheme. Discuss your circumstances confidentially and find out what options are available for you. This is a non-financial way to repay your fines through volunteering, health services and courses.

### For more information:

**Peninsula Community Legal Centre**  
Ph: **9783 3600 or 1800 064 784**  
Email: **pclc@pclc.org.au**  
Web: **www.pclc.org.au**

## National Debt helpline

Explore your financial options – need help to manage your debt? The National Debt Helpline can help you get back on track. You have more financial options than you think. Contact a financial counsellor from Mon – Fri, 9.30am – 4.30pm.

### For more information:

**National Debt Helpline**  
Ph: **1800 007 007**  
Web: **www.ndh.org.au**

## Apply for Victorian Seniors Card - get discounts all year!

### Seniors Online Victoria

#### For more information:

Web: **www.seniorsonline.vic.gov.au/seniors-card**  
Ph: **9655 2100**



## Cardinia Support

Council provides information about community organisations, senior groups, service providers, and government bodies that offer social, health, financial support, and local community services. Scan the QR code here or, if you need help, contact the Ageing Well team.



### For more information:

Ph: **1300 787 624**  
Email: **ageingwell@cardinia.vic.gov.au**  
Web: **www.cardiniasupport.com.au**

# Recognising volunteers

## Dr Mary Cole - 2024 Cardinia Senior of the Year

Dr. Mary Cole, a resident of Garfield, was named the 2024 Senior of the Year. She is an internationally recognised academic, a plant pathologist, and a soil microbiologist. Mary is also the founder of Agpath Pty Ltd, a company dedicated to introducing farmers to biological farming, improving soil health and productivity, raising industry environmental standards and awareness, and encouraging innovative sustainability and alternative farming methods.

Mary is also an active community volunteer. As a farmer herself, she has dedicated 45 years of research and education to helping fellow farmers. Her focus is on lowering input costs, improving output quality, and increasing confidence and psychological well-being.

Mary is also a member of the executive committee of the Australian Industrial Hemp Alliance and a member of the NSW Industrial Hemp Association.

Congratulations, Mary!



## Nominate an awesome volunteer for an award in 2025.

Do you know someone who has made significant contributions to their community? To nominate someone for the 2025 Cardinia Senior of the Year visit [www.cardinia.vic.gov.au/australiadayawards](http://www.cardinia.vic.gov.au/australiadayawards)

To nominate someone for the 2025 Stan Henwood award, visit [www.cardinia.vic.gov.au/stanhenwood](http://www.cardinia.vic.gov.au/stanhenwood)

### For more information:

Contact: **Customer support**

Ph: **1300 787 624**

Email: **mail@cardinia.vic.gov.au**

## Dot Griffin – 2024 Stan Henwood Award

Dot has played a crucial role in various community initiatives, demonstrating her leadership and dedication to the betterment of Cockatoo and its residents. She works tirelessly to ensure the best outcomes for her community, collaborating with various stakeholders at all levels of government.

Dot is known for her unique blend of determination, kindness, and leadership. She can rally support from others, even those who may not typically volunteer, while maintaining a warm and approachable demeanour.

Dot is an inclusive and empowering leader who mentors and encourages volunteers to take on leadership roles within the community. She has been instrumental in helping establish the Cockatoo and Gembrook Bendigo Community Bank and played a vital role in preserving the McBride Street Kinder, ensuring its recognition as a heritage site by the State Government.



## Are you looking for volunteering opportunities?

Volunteering is a great way to support others, give back and connect to your community. Visit [www.cardinia.vic.gov.au/volunteer](http://www.cardinia.vic.gov.au/volunteer)

# Victorian Seniors Festival 2024



**EXPLORE.  
ENGAGE.  
EVOLVE.**



## Celebration Day at Federation Square

The Seniors Festival officially launches on Sunday, 6 October, with Celebration Day at Federation Square. The entire precinct will be activated from 12noon to 7pm. Festivalgoers can take in live performances across the day at the Mainstage, Edge Theatre, or on the River Terrace. Explore the stalls along River Terrace Festival Alley to see everything available.

Featured performers this year include – country music star, Amber Joy Poulton, the Australian Women's Choir, Yacht Rock (performing the hits of the '70's) and renowned ukulele maestro, AJ Leonard, who'll lead a mass performance of this tiny 4-stringed favourite that will have audience players strumming out the notes of an iconic Australian classic.

Date: **Sunday 6 October**  
Time: **12noon-7pm**  
Venue: **Federation Square, Corner of Swanston & Flinders St Melbourne**  
Cost: **Free**

### For more information on statewide events:

Visit: [www.seniorsonline.vic.gov.au](http://www.seniorsonline.vic.gov.au)  
Ph: **Seniors Online 1300 797 210**

### For more information on local events:

Visit: [www.whatsoncardinia.com.au](http://www.whatsoncardinia.com.au)  
Ph: **Ageing Well team 1300 787 624**



## Free public transport

Victorian Seniors Card and Seniors Business Discount Card cardholders can enjoy eight days of free public transport throughout Victoria from Sunday 6 to Sunday 13 October 2024. This includes travel across all metropolitan services, V/Line train and coach services, and selected regional bus services outside of the myki-enabled area.

Why not organise some friends to take a trip into the city to join us for Celebration Day at Federation Square? Getting to the city has never been easier!

To make a group booking for up to 19 travelling on a V/Line train service or 12+ travelling on a V/Line coach service, visit your nearest station.

Larger groups can submit a group booking request from 10am, on Tuesday 10 September at: [www.vline.com.au/grouptravel](http://www.vline.com.au/grouptravel)



# Victorian Seniors Festival 2024



EXPLORE.  
ENGAGE.  
EVOLVE.



## Cardinia Seniors Festival events

These local events are 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, specialising in jazz and big band music. Talented musicians and vocalists will show off their versatility and skill, 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. Facility tours will run hourly. Council's Ageing Well team will be part of a variety of groups displaying a great range of information and resources. There will be prizes too!

Date: **Wednesday 30 October**  
Time: **10am-2.30pm**  
Venue: **Cardinia Life  
4-6 Olympic Way, Pakenham**  
Cost: **Free**  
Bookings: **No bookings required but,  
registrations encouraged  
Register here:  
seniorssportsfest24.eventbrite.com**  
Enquiries: **5945 2888**

**FREE  
event  
for all!**

### Vibrant cultural and community events

Join our diverse local senior groups to experience a variety of free or low cost activities. Enjoy folk dancing, immerse yourself in traditional cuisine, or learn about cultural festivities.

Visit [www.whatsoncardinia.com.au](http://www.whatsoncardinia.com.au) for more information or contact the Ageing Well team.

Ph: **1300 787 624**  
Email: **mail@cardinia.vic.gov.au**



# Fun and games

## Exercises for your mind

Here is something different to keep your memory sharp. Try this Word Search, or a Crossword, Trivia, Code Cracker or Suduko by visiting [www.seniorsonline.vic.gov.au/games](http://www.seniorsonline.vic.gov.au/games).

You can also visit your local Community Centre for assistance. If you have any memory concerns, consult with your doctor.

### For more information:

Web: [www.seniorsonline.vic.gov.au](http://www.seniorsonline.vic.gov.au)  
Ph: **1300 797 210**



Scan the QR code to access the Seniors Online Victoria website.

B	O	O	G	S	R	O	W	I	N	G
E	B	L	G	N	I	M	M	I	W	S
L	C	E	A	T	I	P	U	T	I	S
C	M	I	N	C	A	X	Y	O	S	N
Y	H	U	B	C	I	R	O	T	P	O
C	T	H	T	O	H	S	R	B	O	H
S	Y	E	E	N	R	E	Y	E	R	T
S	H	A	C	I	T	E	L	H	T	A
A	R	L	R	C	G	H	A	L	P	R
L	S	T	H	G	I	E	W	E	U	A
C	E	H	L	S	E	L	C	S	U	M

**AEROBIC  
ATHLETIC  
BOXING**

**CLASS  
CYCLE  
HEALTH**

**IMPACT  
MARATHON  
MUSCLES**

**PHYSICAL  
RHYTHM  
ROWING**

**SIT UP  
SPORT  
STRETCH**

**SWIMMING  
WEIGHTS**

## Emerald Museum a real gem!

This Spring, plan a day trip to visit the Emerald Museum, which conserves and exhibits the history of Emerald and it's surrounding districts. This museum houses over 8,000 artefacts, including household items, machinery, documents, and photographs.

It has a special collection relating to the historic Nobelius Nursery, which was once the largest tree nursery in the Southern Hemisphere.

Situated in glorious Nobelius Heritage Park, pack a Spring picnic to enjoy under the large shady trees, only a short walk from Emerald Lake Park.

Groups are especially welcome. Organise a visit and presentation by knowledgeable volunteers, eager to answer your questions and provide historical information.



### For more information:

Ph: **5968 2152**  
Email: [enquiries@emeraldmuseum.org.au](mailto:enquiries@emeraldmuseum.org.au)  
Web: [www.emeraldmuseum.org.au](http://www.emeraldmuseum.org.au)

# Hearing services

## Living with hearing loss (a shared story)

Jackie lives with her husband Jian in Pakenham. As a child, Jackie developed many ear infections. She developed hearing loss over many years but did not realise this until she was in her early 40's and began wearing hearing aids. Until then Jackie relied heavily on lip reading and continues to draw on this skill. Thinking about the future, Jackie has also learnt basic Auslan. She believes her personal journey has shaped the person she is today, her determination, inner strength and resilience.

Her work life has included a variety of challenging roles in the disability sector, including, Sector Development Lead at National Disability Services, planner with the National Disability Insurance Agency and currently an advocate with the Disability Resource Centre.

As a member of the Cardinia Shire Council Access and Inclusion Advisory Committee, working full-time and studying a Master of Disability Practice and Leadership, it is easy to see Jackie enjoys being busy!



## National Relay Service

The National Relay Services (NRS) is a free Australia-wide telephone access service. If you are deaf, have a hearing or speech impairment or you use TTY or a computer with a modem, you can contact us through the NRS.

TTY users: call **133 677** and ask for **1300 787 624**.

Speak and Listen (speech-to-speech relay) users: call **1300 555 727** and ask for **1300 787 624**.

Internet relay users: connect to the NRS and ask for **1300 787 624**.

### For more information:

Ph: **See above**  
Web: **[www.hearing.com.au](http://www.hearing.com.au)**  
Web: **[www.accesshub.gov.au](http://www.accesshub.gov.au)**



Did you know Council's Connect Magazine is available as an audio file?

Visit **[www.cardinia.vic.gov.au/connect](http://www.cardinia.vic.gov.au/connect)**

## Book a free hearing check

Good hearing is important to keep in touch with your loved ones and stay connected to the world around you. Hearing Australia is conducting free 15-minute tests at the Pakenham and Emerald libraries. Find out about your hearing solution options. Call your library to book an appointment.

### Emerald Library bookings

Location: **400B Belgrave-Gembrook Rd, Emerald**  
Ph: **5949 4600**  
Date: **Monday 7 or 14 October**  
Time: **2-4pm**

### Pakenham Library bookings

Location: **Cnr John St and Henry St, Pakenham**  
Ph: **5940 6200**  
Date: **Friday 11 October**  
Time: **9.30-11.30am**  
Date: **Friday 25 October**  
Time: **2-4pm**  
Date: **Monday 28 October**  
Time: **9.30am-12.30pm**



# Be informed

## Ageing Well pop up

We will be holding our next \*information stall soon! This is your opportunity to come and make enquiries and collect information on a wide range of services and activities specifically for our older community members.

\*Stay and enjoy the free Seniors Festival event!  
(see details p. 5)

Date: **Wednesday 30 October**  
Time: **10am-1pm**  
Venue: **Cardinia Life, 4 Olympic Way, Pakenham**

### For more information:

Ph: **1300 787 624**  
Email: **mail@cardinia.vic.gov.au**  
Web: **www.cardinia.vic.gov.au/ageingwell**



The Ageing Well Expo held in May this year was a resounding success. Keep your eyes open for the February edition of this newsletter for information on our 2025 event! Get in touch to register your interest!

Pick up a copy of your Ageing Well from the following locations or download a digital copy from [www.cardinia.vic.gov.au/ageingwell](http://www.cardinia.vic.gov.au/ageingwell)

- Beaconsfield Community Complex, 8 O'Neil Rd Beaconsfield
- Mobile Library Beaconsfield Community Complex – O'Neil Rd, Beaconsfield 12pm–7pm (Wed)
- Cardinia Cultural Centre
- Cardinia Life 4 Olympic Way, Pakenham
- Cardinia Shire Council Civic Centre 20 Siding Ave, Officer
- Outlook Community Centre, 24 Toomuc Valley Rd, Pakenham
- Pakenham Library or Cardinia U3A

- Kooweerup Regional Health Reception 235 Rossiter Rd, Koo Wee Rup
- Lang Lang Community Centre 7 Westernport Rd, Lang Lang
- Mobile Library points:
  - Bunyip, Main St 9:30am–1:45pm (Sat)
  - Bunyip Primary School 10:45am–12:15pm (Mon)
  - Garfield, Ritchie St 12:30–3:15pm (Mon)
  - Koo Wee Rup, V/Line Bus interchange 2:15–5:30pm (Fri)
  - Lang Lang Primary School 11am–1:45pm (Fri)
  - Maryknoll, Koolbirra Rd 12:30–1:30pm (Thur)
  - Nar Nar Goon Primary School 11am–12pm (Thur)
  - Tynong, Railway Ave 3:30–5:30pm (Tues)
- Moy-Yan Neighbourhood House Beswick Street, Garfield

- Cockatoo Community House, 23 Bailey Rd Cockatoo
- Emerald Community House, 356–8 Belgrave-Gembrook Road, Emerald
- Emerald Library 400A Belgrave-Gembrook Rd, Emerald
- Emerald Senior Citizens, cnr Anne and Church streets, Emerald
- Mobile Library points:
  - Cockatoo Bowling Club 2:15–6pm (Thur)
  - Gembrook Community Complex, Gembrook Pakenham Rd 2:30–5:30pm (Tues)
  - Upper Beaconsfield, Charing Cross Reserve 10:45am–1:30pm (Tues)
- Upper Beaconsfield Community Centre, 10-12 Salisbury Rd, Beaconsfield Upper

## Council contacts

### Cardinia Shire Council Civic Centre

20 Siding Avenue, Officer

### Postal address:

PO Box 7, Pakenham 3810

Phone: **1300 787 624**

Email: **mail@cardinia.vic.gov.au**

Web: **www.cardinia.vic.gov.au**

### After-hours emergencies:

1300 787 624

### National Relay Service (NRS):

Customers who are deaf or have a hearing or speech impairment can call through the NRS. This is a free service.

**TTY users** phone 133 677

then ask for 1300 787 624.

### Speak and Listen

**(speech-to-speech relay)**

users phone 1300 555 727

then ask for 1300 787 624.



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Creating an age-friendly shire