

Ageing Well

Creating an age-friendly shire

Edition 2 – February 2019

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We would love your feedback.

To provide feedback email
C.Strengthening@cardinia.vic.gov.au
or phone 1300 787 624 and chat
to our Ageing Well Team

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www.cardinia.vic.gov.au/enewsletters



Women's Woodworking Program participants Lyn Watson and Sue Simmons.

Men's shed developing women's woodworking skills

Exciting times up in the hills where the men of Beaconsfield Upper Men's Shed are working with women to design and construct their own woodwork pieces under the supervision of Paul Higgott.

"It's great to see the innovative projects participants come along with," said Paul. "It's rewarding for us to support them every step of the way, ensuring their safety while supervising them through the process."

Ladies woodworking classes (no woodwork experience required) are held Tuesday mornings at the Men's Shed 10-12 Salisbury Rd, Beaconsfield Upper. Enquiries welcome!

New members: The shed offers much more than woodwork; it provides mateship and bonding between the local men involved in many activities.

Enquiries: Noel Ling on 0414 443 735

Seeking dementia friends

An estimated 6,062 people in Cardinia Shire will be living with dementia by 2030. One of the greatest risk factors for developing dementia is advancing age, with one in every eight people aged 65 years and over having dementia.

Council is seeking interest from those who are experiencing the early stages of dementia and those who support and care for someone with dementia, to participate in a pilot project to increase awareness of 'dementia friendly communities' in Cardinia Shire.

Your personal insights and experience will be invaluable in assisting us to address the daily challenges faced by those affected by dementia. If you are interested in finding out more, come along to a morning tea.

Where:

The Chandelier Cafe
23 Station Street, Koo Wee Rup

When:

Monday 18 March 10.30–11.30am

Enquiries:

Aileen 5997 9681



Supporting healthy relationships

Relationships Australia Victoria provides services, programs and resources to support the wellbeing and sense of fulfilment of older Australians and their families. Phone 9261 8700, email kew@rav.org.au, or visit www.rav.org.au/information-and-support-groups to find out more.

Steering the right path: Planning a family route for ageing

Join our interactive, group workshop for the opportunity to come together with other older adults to learn about planning for retirement, including your future living arrangements, family financial agreements, and wills.

Carers connecting online



'Verilyconnect' provides a place for carers to connect online and support each other in a dementia-friendly community.

If you access technology and would like to make connections contact Aileen Thoms, Koo Wee Rup Regional Health on 5997 9581

Where:

Outlook Community Centre
24 Toomuc Valley Road
Pakenham

When:

Tuesday 26 February
10–11am

Cost:

\$5 per person

Bookings:

5941 1535

Refreshments provided.

Relationships Australia
VICTORIA

Have your say: Cardinia Shire's ageing well strategy

We want to hear from you!

Cardinia Shire Council is planning to conduct a series of community engagement sessions in March. These sessions will provide residents with the opportunity to contribute to developing the *Cardinia Shire Ageing Well Strategy 2019–24*.

Bookings: Refer to details listed for each session. Refreshments provided.

Did you know: Cardinia Shire's ageing population is forecast to reach 22% of 180,000 residents by 2030

Come along to your local community engagement session and share your experiences and insights. Help enable us to create an age-friendly Cardinia Shire.

Cardinia Life

4 Olympic Way, Pakenham
Friday 15 March 3.30–5pm
Bookings: Cardinia Shire Council
(Annmarie) 5943 4488

Emerald Library

400A Belgrave–Gembrook Rd, Emerald
Wednesday 20 March 11am–12.30pm
Bookings: Emerald Library 5949 4600
or www.cclc.vic.gov.au/events

An age-friendly shire enables older people to live in security, maintain their health and participate fully in society.

Garfield Community Centre

Beswick St, Garfield
Tuesday 5 March 11am–12.30pm
Bookings: Garfield Probus (Tony) 0407 563 441

Gembrook Community Centre

1 Beenak East Rd, Gembrook
Wednesday 13 March 1.30–3pm
Bookings: Cardinia Shire Council
(Annmarie) 5943 4488

Koo Wee Rup Bowls Club

245 Rossiter Rd, Koo Wee Rup
Thursday 7 March 3–4.30pm
Bookings: Cardinia Shire Council
(Annmarie) 5943 4488

Lang Lang Community Centre

7 Westernport Rd, Lang Lang
Wednesday 6 March 10–11.30am
Bookings: Lang Lang Community Centre
5997 5704

Pakenham Library

Cnr John and Henry streets, Pakenham
Thursday 14 March, 1–2.30pm
Bookings: Pakenham Library 5940 6200
www.cclc.vic.gov.au/events

Home library service

If you or someone you know is housebound or having difficulty getting to the library, give the Home Library Service team a call. They can arrange a home visit to discuss your eligibility and reading interests. You can have books delivered to your home and exchanged on a regular basis.

The service offers

- large print books
- 'talking' books
- short-term and long-term memberships.

All library volunteers are police checked.

Ph: 5990 0100

Email: home.library@cclc.vic.gov.au

Web: www.cclc.vic.gov.au



Home Library Service officer Donna enjoys a book with Barbara.

Gentle exercise for over 50s

As we all now know, regular physical activity helps maintain the best possible level of health and wellbeing. It can also improve the symptoms of osteoporosis, arthritis, heart disease, diabetes and promote recovery following surgery.

Group exercise classes offer safe, low impact exercise lead by qualified instructors, with the added bonus of fun, laughter and friendship. So, if the exercise part doesn't thrill you, maybe the cuppa and chat will! You will require a medical certificate to join most groups, to ensure the instructor understands your needs.

The new year is a great time to get started. Do something good for yourself!

Where to find gentle exercise near you

Beaconsfield Neighbourhood House

8 O'Neil Road, Beaconsfield

Ph: 8768 4400

Web: www.bncinc.org.au

- Sit-down exercises
Improve your flexibility and strength
Wednesdays 10.30–11.30am
Cost: \$2 gold coin donation per session
- Gentle strength exercises
Be an all-rounder, guided strength training
Tuesdays 9.30–10.15am
Cost: \$7 per session

Bunyip Community House

(at the Garfield Picture Theatre)

47 Nar Nar Goon–Longwarry Road,
Garfield

Mob: 0429 074 444

Web: www.bdch.com.au

- Gentle exercise group
Tuesdays 9–10am
Cost: \$5 per session

Emerald Community House

356 Belgrave–Gembrook Road, Emerald

Ph: 5968 3881

- Qigong
Similar to tai chi – gentle and peaceful
Thursdays 7–8.30pm
Cost: Please call

Cardinia Life

4 Olympic Way, Pakenham

Ph: 5941 3623

Mob: 0438 347 222

- Warm water sessions
Run by Pakenham Arthritis Self Help Group/ Musculoskeletal Australia.
Tailored for people living with arthritis and musculoskeletal conditions
Tuesdays 8.15–9.15am; 2.30–3.30pm
Thursdays 8.15–9.15am
Fridays 2.30–3.30pm
Cost: \$5 per session
- Strong movers classes
Mondays, Wednesdays and Fridays 8am
Cost: \$7.80 per session

Cardinia U3A

Pakenham Hall, 6B Henry Street,
Pakenham

Ph: 5941 4164

- Yoga
A relaxing way to enjoy gentle exercise
Tuesdays 1–2pm
Cost: \$5 per session
- Sit and get fit
Seated exercises using light weights
Tuesdays 10–11am
Cost: \$5 per session

Emerald U3A – activities

Please call for location of specific activities

Mob: 0490 805 743

A very enthusiastic group offering many activities for fitness fun and companionship.

Yoga, bushwalking, table tennis and more

Cost: \$45 Annual membership

Kooweerup Regional Health

Hewitt Eco House Community Room

215 Rossiter Rd, Koo Wee Rup

Ph: 5997 9679

- Awareness through movement (Feldenkrais Method)
Wednesdays 9.30am
Cost: \$5 per session

Lang Lang Community Centre

7 Westernport Rd

Ph: 5997 5704

Web: www.langlang.net

- Tai chi for those with arthritis
Victorian Arthritis Foundation – gentle exercise for movement, balance and posture.
Fridays 12–12.45pm
Cost: \$2 per session
- Strength training
Improve bone density, balance, and flexibility; helps arthritis and diabetes
Mondays and Thursdays 11.30–12.15pm
Cost: \$2 per session

Living Learning Pakenham

6B Henry Street, Pakenham

Ph: 5941 2389

Web: www.livinglearning.org.au

- Functional fun exercise
Gentle cardio, core and strength training
Thursdays 10.30–11.30am
Cost: \$11 per session
- Tai chi for beginners
Tuesdays 9.30–10.30am
Cost: \$5 per session

Outlook Community Centre

24 Toomuc Valley Road, Pakenham

Ph: 5941 1535

Web: www.outlookvic.org.au

- Pilates/strength training
Builds strength and balance. BYO mat
Thursdays 9.30–10.30am
Cost: \$9 per session
- Functional fitness
Tuesdays and Thursdays 10.30–11.30am
Cost: \$7 per session

Pakenham Senior Citizens Centre

38–42 James Street, Pakenham

Ph: 5941 1297

- Chair exercises
For added stability and support
Thursdays 10.30–11.15am
Cost: \$3 per session

Upper Beaconsfield Community Complex

10–12 Salisbury Road, Upper Beaconsfield

Ph: 5944 3484

Web: www.ubcc.org.au

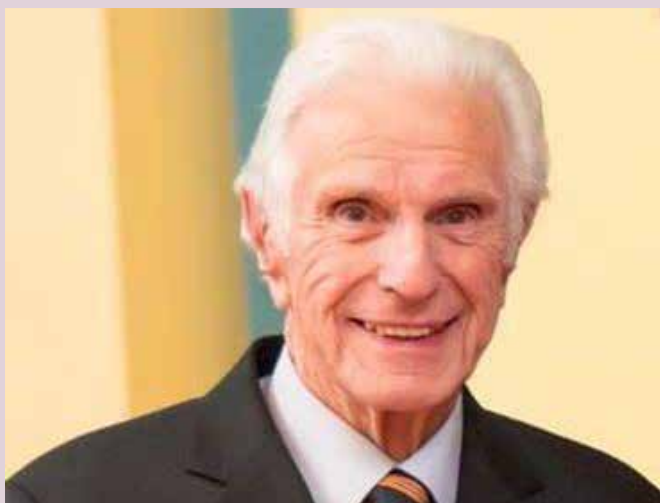
- Strength training
Improves functional capacity for daily life
Fridays 9.30–10.30am
Cost: \$120 approx per term (pro rata)
- Dog-friendly walking group
A different location each week,
3–4km walk.
Thursdays 9.30–10.30am
Cost: Free



Lang Lang strength training participants Marion and Barb enjoy a work out.

In the spotlight... Geoff Stokes

From treading the boards to sailing a tall ship – Geoff Stokes has embraced life to the full. A member of the Age Friendly Alliance Group and resident of Koo Wee Rup, Geoff and his wife of almost 70 years, Olive, have embraced rural life in their community.



Geoff Stokes of Koo Wee Rup, member of Cardinia Age Friendly Alliance Group.

Geoff and Olive have two children and moved to Koo Wee Rup in 2003 in search of the rural life they enjoyed in their early married years in the UK.

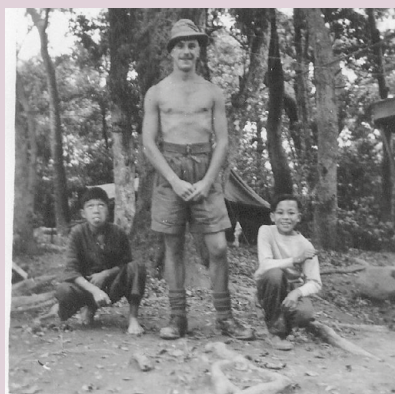
“The townsfolk of Koo Wee Rup embraced us on our arrival,” Geoff said.

“They took us on as good friends and citizens. We have striven to return this friendship by joining in with activities to help our local community.”

Throughout his life, Geoff has enjoyed many experiences, including touring Europe with Olive in 1959 on a 150cc Lambretta Scooter! He has also performed lead roles in grand opera, musical comedy, pantomime, Gilbert and Sullivan and oratorio, and produced and directed old time music hall productions in the 1960s and '70s. He was also once a crew member on a tall ship (Eye of the Wind) in the South Pacific, following in the footsteps of James Michener's Tales of the South Pacific.

Life hasn't always been easy for Geoff. He still clearly remembers the start of World War 2 in 1939 and the air raids on the small UK town he lived in as a child. In 1953, Geoff served in the 176 Field Battery (Abu Klea) Royal Artillery in the

Malay jungle. In 2010, he survived oesophageal cancer. Despite this, Geoff likes to live by a favourite quote from Winston Churchill: ‘Defeat is never fatal. Victory is never final. It's courage that counts’. In 2014, Geoff was recognised with a Victorian Senior of the Year Award.



Geoff served in the 176 Field Battery (Abu Klea) Royal Artillery in the Malay jungle.



Soldier Geoff – 1953

Geoff's thoughts about being part of the Age Friendly Alliance Group

“Getting together with other Cardinia Shire seniors, now my good friends, who think the same way I do and want to give back to the community to help others.”

What ageing well means to Geoff

“Ageing well means absolutely everything to me. I still have a lot to do in life and a lot to offer my family and community. I strive to keep healthy and busy; plenty of exercise and walking. I keep my brain active with crosswords. I am also currently enjoying writing my memoirs. I'm always thinking I am 23 years old every hour of the day – it works! Keeping your brain in shape as you age and having healthy habits.”



Members of the Cardinia Age Friendly Alliance Group (from left) Tina Kendall, Bev Linnell, Geoff Stokes and Ken McMaster.

The power is yours!

Attend these **FREE** public information sessions, facilitated by **COTA Victoria**, bring your current energy bill and learn how you can reduce your energy expenses.

Outlook Community Centre
24 Toomuc Valley Rd, Pakenham
Wednesday 13 March 10am–12pm
Wednesday 13 March 1.30–3.30pm

- Learn about Victorian Energy Compare
- Apply for the \$50 Power Savings Bonus!



BYO iPad if you have one
Bookings: COTA Vic 1300 135 090

Energy saving tips

Use these tips to help control your energy costs and help protect the environment.

- Keep showers to four minutes or less
- Ensure you turn appliances off at the wall after you have finished with them
- Hang your washing outside in the sun and wind to dry and only 'finish' items in the clothes drier if necessary
- Switch lights off every time you leave a room
- Open windows rather than always using air-conditioners or fans to cool your house
- Don't set your air-conditioner below 26 degrees during summer

Probus is fun and fellowship

Probus Clubs provide an opportunity to get together with fellow retirees each month and enjoy a wide range of fun activities and outings. Receive exclusive discounts on accommodation, finance and more. Contact your local club, or visit www.probussouthpacific.org **Cost:** \$40 Annual membership.

Beaconsfield Combined

Meet: Third Wednesday of the month at 10am
Venue: Beaconsfield Neighbourhood Centre
Contact: Jan 0438 241 707

Bunyip-Garfield

Meet: First Tuesday of the month at 10am
Venue: Garfield Community Centre
Contact: Maree 0468 411 144

Emerald Ladies

Meet: Third Monday of the month at 10am
Venue: Emerald RSL
Contact: Anne 5968 5203

Pakenham

Meet: First Friday of the month at 10am
Venue: Pakenham Bowls Club
Contact: Pat 5941 2218

Pakenham Central

Meet: Second Thursday of the month at 10am
Venue: Pakenham Golf Club
Contact: Roger 5945 107

Pakenham East

Meet: Third Wednesday of the month at 10am
Venue: Pakenham Senior Citizens
Contact: Jenny 0428 748 330



Members of the Pakenham East Probus Group.

Seniors cards

The Victorian Seniors Card program encourages people aged 60 years and over to keep active and engaged in their community.

You can receive discounts at participating cafes and businesses, which makes it more affordable to get out and be social.

Apply today to access benefits including business discounts, free and concession public transport, a free seniors myki card, and free fishing licences!

To be eligible you must be 60 years of age or over, work less than 35 hours per week in paid

employment, or fully retired and a permanent resident of Australia, residing in Victoria.

Apply online:

<https://dhhsseniersonline.secure.force.com/NewApplication>

Have your Medicare Card with you!

More info and to receive a hard copy application form, phone **9096 2752** or visit

www.seniersonline.vic.gov.au



SENIORS CARD

Get your newsletter!

Find your local pick-up point



The Ageing Well publication is supported by your councillors

Council contacts

Cardinia Shire Council Civic Centre

20 Siding Avenue, Officer
Open 8.30am–5pm,
Monday to Friday

Postal address:

PO Box 7, Pakenham 3810

Phone: 1300 787 624

Fax: 5941 3784

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.

Central Ward

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

Port Ward

- Lang Lang Community Centre 7 Westernport Rd, Lang Lang
- Bunyip Community House 27 Main St, Bunyip
- Kooweerup Regional Health Reception 235 Rossiter Rd, Koo Wee Rup
- 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)

Ranges Ward

- Emerald Library 400A Belgrave-Gembrook Rd, 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 10.45am–1.30pm (Tues)
- Emerald Community House, 356–8 Belgrave-Gembrook Road, Emerald
- Emerald Senior Citizens, cnr Anne and Church streets, Emerald



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