

Ageing Well

Creating an age-friendly shire

Edition 4 – September 2019

In this issue:

In the spotlight..... 2

Senior of the Year..... 3

Seniors Festival 4

Are you eligible? 6

Living longer in your home..... 6

Reg has the BUG! 7

Forget-me-not Cafe..... 8

And much much more inside



Beryl, Joan, Brian and Norma from Meadowvale Retirement Village Pakenham getting into Seniors Week celebrations

Ageing Well

You are invited to share your funny or inspiring Ageing Well story with our readers.

In 250 words or less, send in your story for possible inclusion.

Email: mail@cardinia.vic.gov.au

Post: Ageing Well,
Cardinia Shire Council,
PO Box 7 Pakenham
3810

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Victorian Seniors Festival – get into it

It is almost Seniors Festival time again! This year, the theme is 'Get into it'. During October, more than 2,500 free or low-cost events will be held around Victoria. Seniors Festival is a time to celebrate ageing and recognise the enormous contribution older people in our communities have made and continue to make.

Cardinia Shire residents have the opportunity to participate in some exciting events; from guided bush walks, museum tours, healthy ageing presentations, to a show with Devonshire tea at the Cardinia Cultural Centre and a chance to dine with koalas at Gumbuya World!

Free public transport is another great feature of the festival. Seniors Card holders can travel free from Sunday 6 October to Sunday 13 October. This includes all metropolitan and V-Line services.

We have also chosen a day to travel into the city together to join in the festivities at the Melbourne Town Hall. Full details pages 4-5

In the spotlight

Mary Sayers Age Friendly Alliance member



I have been married to my wonderful husband Martin for 50 years. We recently celebrated with a wonderful cruise from Melbourne to Singapore. We have lived in Bunyip for over 40 years and have four children and five grandchildren. Our work life focussed on our family business, a 15-acre Protea farm, as well as 16 head of beef cattle (Angus Limousin cross). We also had a protea nursery where we propagated plants, produced flowers, wholesaled and consulted in floristry. We were one of the first to do this full time. You could say we were fully immersed! We were awarded a lifetime membership of Wildflowers Australia in 2000. Our children still refer to their protea forest as they talk of the great times we shared growing up on the farm.



Mary's magnificent Kookaburra painting

As the nest emptied and I retired, I have enjoyed the extra time to enjoy other interests and learn new skills. I love gardening, china painting, and art. I have always enjoyed the great outdoors and travelling. I have invested more time with our church family, prayer group, an inter-denominational women's group and the World Day of Prayer to representing the Catholic women's league at state level and the Catholic charismatic renewal.



Mary engaging with peers in her Age Friendly Alliance role

I became involved in Cardinia Shire Council's Age Friendly Alliance Group when it was established in 2017 to represent the needs of my older peers in my community. It has enabled me to see closer, just how much the shire has to offer.

I have been given a voice and been able to sit at the table where key issues affecting the liveability of Cardinia Shire for our ageing population are discussed. There are many challenges now and into the future that we are addressing and assisting Council in planning for, so that we will be able to enjoy good access to programs and services that enable us to continue to age well.

Senior citizen of the year

Koo Wee Rup resident June Wright received the Senior Citizen of the Year Award at the 2019 Cardinia Shire Australia Day Awards. June was unable to attend the award event due to knee surgery, so Mayor Cr Graeme Moore presented June's award to her at home in full mayoral robes.

A lifetime volunteer, June received a Medal of the Order of Australia (OAM) in 2017 for her outstanding contributions to her community. She is still busy at the Koo Wee Rup Lions Op Shop she helped establish 20 years ago, managing three days per week. She is very proud the Op Shop supports numerous charitable causes.

June became involved in Scouting through her husband and children in the '70s, serving as a group leader for the better part of a decade. Her connection to her community goes back a long way; her grandfather taught at Nar Nar Goon Primary School and her father worked at Cardinia Shire Council in Pakenham. June believes her father's community spirit rubbed off on her as a child.

As part of the Seniors Festival next month, June will be a guest at the 2019 Victorian Senior of the Year Awards Ceremony on 22 October at Government

House. Mayor Graeme Moore will accompany June and her guests to meet the Governor of Victoria, Ms. Linda Dessau, and enjoy a tour of this magnificent Melbourne building.



Mayor Cr Graeme Moore presents June Wright with the 2019 Cardinia Shire Council Senior Citizen of the Year Award at her Koo Wee Rup home.

Community grocer pops up

The Pakenham Community Grocer, based at the Living and Learning Centre, pops up each Thursday with a range of top quality fresh fruit and vegetables at affordable prices and sourced from local producers. It also offers a unique and welcoming community market space that promotes social connection and conversation over delicious food.

Recent research conducted by Monash University found, on average, prices are 33 per cent cheaper than other food stores within a 1km radius of the market.

Why not pop down next Thursday and support your local growers as they are eager to support you with their delicious, freshly picked produce.

Living Learning Centre, 6B Henry St Pakenham

Every Thursday Open 9am – 1pm

Enquiries: 0415 360 380 or pakenham@thecommunitygrocer.com.au

Seniors Festival time

October 2019



Seniors Festival is here, get into it with one of many Council supported local events

Cardinia Cultural Centre - Edith Piaf show

40 Lakeside Blvd, Pakenham

Wednesday 16 October

10am–12pm

Cost: \$14 pp, includes Devonshire Tea

Bookings essential

Enquiries: 1300 887 624

Visitors with mobility aids, or wheelchairs must call to book tickets www.cardiniaculturalcentre.com.au

Nikki Nouveau presents 'No Regrets', the intriguing life and times of legendary Parisian artist Edith Piaf through song and story.

Emerald Lake Park stroll

Emerald Lake Rd, Emerald

Thursday 17 October

10am–12pm

Free event

Enquiries: 5968 4603

Meet at Lakeside car park Emerald Lake Park for a guided stroll around Lake Nobelius and Lake Treganowan with Friends of Emerald Lake Park. Enjoy abundant birdlife, large exotic trees in the arboretums, reeds and rushes along the water's edge, and stroll through magnificent manna gums.

Enjoy the Virtual Ranger Trail audio posts with information about natural and historical features of the park and finish the walk with morning tea.

Emerald Lake Park to Nobelius Heritage Park and Emerald Museum walk

Emerald Lake Rd, Emerald

Wednesday 23 October

10am–12pm

Free event

Enquiries: 5968 4603

A 1km guided walk for able walkers with Friends of Emerald Lake Park. Meet at Lakeside car park Emerald Lake Park. This track has a gradual incline. Enjoy the virtual ranger trail audio posts with information about natural and historical features of the park. Return to Emerald Lake Park via Link Track (short steep descent) and Wishing Well Track lined with ferns and exotic trees.

Alternatively meet the walkers at Nobelius Heritage Park, located at 3 Crichton Rd, Emerald and enjoy the local history talk, explore the museum and enjoy the morning tea.

Gumbuya World - Wildlife presentation and Devonshire tea*

2705 Princes Hwy, Tynong


Friday 11 October

Arrive 9.45am. Depart 12.30pm

Cost: \$18 pp includes admission

Bookings essential (group bookings available)* / Enquiries: 5624 9888

Dine with our koalas and get up close and personal with an amazing array of animals that call Gumbuya 'home' during this 30-minute wildlife presentation followed by Devonshire tea. Access for all abilities.



Gumbuya World – wildlife walkabout and roast lunch*

2705 Princes Hwy, Tynong

Friday 25 October

Arrive 11.30am. Depart 2.30pm

Cost: \$30 pp includes admission

Bookings essential (group bookings available)*/Enquiries: 5624 9888

Enjoy a wildlife presentation, then a scrumptious roast beef lunch, coffee and tea.

Walk trails well maintained.
Access for all abilities.

Kurth Kiln Regional Park – guided bushwalks and health expo

Beenak Road, Gembrook

Tuesday 8 October

10am–12pm

Free event

Enquiries: 5997 9681

Enjoy all-abilities guided bushwalks by Friends of Kurth Kiln (2km, 4km, 6km) in natural bushland. Includes Kooweerup Regional Health Expo / presentation. Wear walking shoes! Refreshments provided.

Puffing Billy Reserve – Rock painting with your grandchildren

Kilvington Drive Emerald (Main street)

Wednesday 23 October

10am–12pm

Enquiries: Rebecca Ellis 1300 787 624

Free event, refreshments provided

Rocks and painting supplies supplied. Bring your 0–5 year old preschoolers along, inspire their creativity by painting rocks! Enjoy the beautiful parkland, join in the fun. Children should be dressed in their old clothes. Toilets onsite.

Social ballroom dance

Cockatoo Community House

23 Bailey Rd, Cockatoo

Thursday 3 October 10.30am–12.30pm

Free event

Bookings and enquiries: 5668 9031

Dancing is a great way to stay mentally and physically fit and have a lot of fun.

Join in our relaxed social ballroom get together in a welcoming, safe place.

Beginners to experts welcome

City trip to festival hub

Monday 7 October

Meeting Time: 10am to depart from Pakenham train station

Cost: Free travel for Seniors Card holders.

Bookings not required

Enquiries: Ageing Well team 1300 787 624

Meet at Pakenham train station, travel by train into the city to visit the Victorian Seniors Festival Hub at Melbourne Town Hall – music, entertainment, displays, free tea/coffee.

Big Band dance 12–4pm. Bring your Victorian Seniors Card and Myki Card (see below).

Group meeting spot will be available to travel back to Pakenham together (optional).

Some refreshments will be provided.

Lunch expenses are the responsibility of participants.

Free public transport Sunday 6–13 October Victorian Seniors Card holders

Use your Myki Card and Victorian Seniors Card together and travel free on metropolitan and V-Line services Sunday 6–13 October. Touch on and touch off – you won't be charged!

Enquiries: 1300 797 210 or visit www.seniorsonline.vic.gov.au

Visit www.cardinia.vic.gov.au/seniorsfestival for Seniors Festival events in the shire.



Are you eligible?

Multipurpose taxi program

This program supports people with limited mobility by offering subsidised taxi fares, half the cost of each taxi trip up to \$60. To see if you are eligible, visit your doctor for a medical assessment and for completion of the application.

Enquiries: <https://cpv.vic.gov.au/passengers/mptp> or 1800 638 802

Victorian Seniors Card

Receive discounts at cafes and businesses, making social activities more affordable.

To be eligible, you must be 60 years of age or over, work less than 35 hours per week in paid employment, and be a permanent resident of Australia.

Enquiries: <https://www.seniorsonline.vic.gov.au/> or 9096 2752

South East Water assist program



To be eligible to save up to \$650 on your water bills every two years you must have a person in your household with a Pensioner Concession Card, Centrelink Healthcare Card or a DVA Gold Card.

Enquiries: <https://southeastwater.com.au/Residential/PayMyBill/Pages/SouthEastWaterAssist.aspx> or 9552 3540

Worried about your memory?

Supported by
 dementia friendly communities

Do the following things happen to you or a loved one? Trouble remembering events that have happened recently, difficulty adjusting to any changes in usual day-to-day routine, struggling with everyday tasks like handling money, or shopping and cooking?

If you have noticed these changes, find out what affects memory in a supportive group setting. Presented by Dementia Australia

Cost: Free

Outlook Community Centre

24 Toomah Valley Road, Pakenham
Thursday 17 October 6.30–7.30pm
Saturday 26 October 10–11am
Bookings essential: 5941 1535

Kooweerup Regional Health Service

Hewitt Eco House Community Room
215 Rossiter Road Koo Wee Rup
Saturday 19 October 11am–12pm
Bookings essential: 5997 9792

Living longer in your home

Council of the Ageing Victoria (COTA) has successfully trained an enthusiastic team of community members to provide information based on the Aged Care System.

Volunteers will explain what is available and how residents can apply for support to help maintain independence, living in their own homes.

If you need advice on navigating your journey through the aged care system, this three-part information series is for you.

Outlook Community Centre

24 Toomuc Valley Road, Pakenham
Mondays, 10am–12pm
Part 1: 28 October
Part 2: 11 November
Part 3: 18 November

Enquiries: 1300 135 090
or visit www.agedcare Navigators.org.au

Reg has the BUG!

Eighty-seven year old Reg Goodings has been a resident of Maryknoll for 24 years.

Since 2017, he has loved cycling weekly with the gang at the Cardinia's Bicycle User Group (BUG). Prior to joining BUG, Reg had some health issues, including diabetes. He constantly visited his doctor, managing high blood sugar levels. Since riding, Reg has his diabetes under control, his levels have improved and he has reduced to six-monthly check-ups. His doctor approves of the bicycle riding and wishes more of his patients would get out and be active.

The group meets Saturday mornings to ride around Pakenham, enjoying a cuppa together after the ride. They also meet the first Sunday of the month and have two weekends away each year. Reg looks forward to catching up with his cycling buddies for the exercise and camaraderie. He has also completed a course to help educate others about the pleasure and safety of cycling.

"It is a wonderful way to get fit and healthy, while making some great friends along the way," Reg said.

If it has been a few years since you have been on a bike and you are feeling a bit rusty, or you want to refresh your skills and confidence in a safe and social environment, then this is the group for you.

Enquiries: 5940 4728 or Visit Outlook Community Centre, 24 Toomuc Valley Road, Pakenham



Share your driving wisdom

The 'L2P' learner driver program helps new drivers gain the minimum 120 hours of driving experience required before they can book their licence test

with VicRoads. If you are interested in becoming a learner's mentor, can provide an hour per week to supervise a learner driver, please get in contact.

To be eligible, mentors need to hold a full, current driver's license, have a good driving history, and be willing to participate in some free training.

Enquiries: Brian Harlow on 0433 018 994

Forget-me-not cafe

The Forget-me-not cafe offers people living with dementia and their loved ones, a fun social outing together. Join this welcoming, supportive environment. All abilities access. We look forward to meeting you!

Eco House Community Room

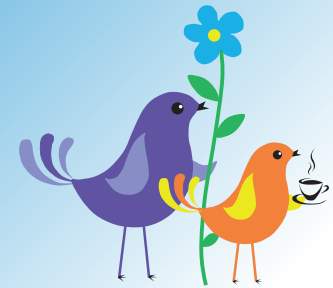
Kooweerup Regional Health Service
215 Rossiter Road, Koo Wee Rup

Tuesday 17 September: AFL Football theme – RSVP 10 September

Tuesday 22 October: Spring Racing Fun – RSVP 15 October
10am–12pm

Bookings essential: 5997 9792

Cost: Free



Forget-Me-Not
Café

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

- Beaconsfield Community Complex, 8 O'Neil Rd Beaconsfield
- 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

- Cockatoo Community House, 23 Bailey Rd Cockatoo
- 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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