

Celebrate Victorian Seniors Festival 2023 in Cardinia Shire

Statewide festival – Learn, Love, Live

Last year, the festival attracted 102,926 visitors to 1883 events across the state in the month of October. This year, people are keener than ever to get out and socialise. We hope even greater numbers participate in the events.

The Victorian Seniors Festival is a major state-wide festival, taking place every year to celebrate the sensational seniors in our community. This year the theme is 'Learn Love Live', and what better way to do that than get together and have some fun. An exciting range of free, low-cost events will be held.

Free public transport

The 8 days of free public transport for Seniors Card holders commences on Oct 1 and runs until Oct 8, so why not coordinate some friends to take a trip into the city by train to join us for Celebration Day at Federation Square. Bookings for free V/Line trips during this period will be open from 10am on Tuesday 5 September 2023.

Celebration Day at Fed Square – free!

Date: **Sunday 1 October**
Time: **12noon-7pm**
Venue: **Federation Square Precinct
Corner of Swanston & Flinders St
Melbourne**
Cost: **Free**
Bookings: **No bookings needed**

The entire precinct of Federation Square will be activated, featuring great immersive music, dance and performances – as well as displays and information stands. You can choose to participate or just relax and enjoy the entertainment at the Main Stage, River Stage or in the Edge Theatre. Just jump on a train and we'll see you there.

For more information:

Visit www.whatsoncardinia.com.au

Visit www.cardinia.vic.gov.au/seniors

Ph: Customer Service team on **1300 787 624**

Visit www.seniorsonline.vic.gov.au or call
Seniors Online **1300 797 210**

Pick up a copy of the 8-page print guide at your local Coles supermarket.

Victorian
Seniors
Festival
2023



Supported by
Cardinia
Cardinia Shire Council

It might as well be spring! (Live show and Devonshire tea)

Featuring the unforgettable music of Rodgers and Hammerstein

Enjoy Cardinia Cultural Centre's renowned pre-show Devonshire tea, then relax in the main theatre and enjoy the extraordinary talents of Antoinette Halloran and David Rogers-Smith, performing the unforgettable music of Richard Rodgers and Oscar Hammerstein.

Australian Opera, Musical Theatre and Cabaret Superstars, Antoinette Halloran and David Rogers-Smith take us on an unforgettable journey as they perform the most popular songs from musicals 'The Sound of Music', 'Carousel', 'The King & I', 'Oklahoma' and more from two of the most beloved songwriters of the musical theatre world!

Date: **Wednesday 18 October**
Time: **10am-12pm**
Venue: **Cardinia Cultural Centre,
40 Lakeside Blvd, Pakenham**
Cost: **\$15pp includes show and morning tea**
Bookings: **1300 887 624***

*Visitors with mobility aids / wheelchairs
must advise when booking tickets

www.cardiniaculturalcentre.com.au



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Tai Chi for all!

This innovative Tai Chi event will be a crowd pleaser to say the least! Tai Chi is a traditional form of martial arts. It began in China thousands of years ago, and involves a series of slow, meditative body movements. Join us to practice Tai Chi to the sounds of gorgeous meditative music, as our instructor leads our crowd through a series of slow moving and gentle exercises, all whilst miked-up to a loudspeaker so that everyone can participate. Bring a friend or neighbour. Find your inner peace and calm. Meet us on the oval in flat shoes or runners. Refreshments afterwards.

Date: **Thursday 26 October**
Time: **11am - 1pm**
Venue: **Worrell Reserve, Emerald**
Enter carpark off
Belgrave-Gembrook Rd, near library
Cost: **Free**
Dress code: **Comfortable / runners and bring**
a bottle of water
Bookings: **No bookings needed**



For more information:

Gineivra, Ageing Well team
Ph: **1300 787 624**
Email: ageingwell@cardinia.vic.gov.au

Senior-tivity expo



Social connections have a positive effect on health and wellbeing, and that is why Senior-tivity is back, bigger and better! Come and see what social opportunities exist in the shire, and chat to members from a broad range of community groups.

This event offers information and resources to enable residents aged 55 years and over the opportunity to be more active and socially connected.

Date: **Saturday 23 September**
Time: **10am-3pm**
Venue: **Living & Learning Inc,**
6B Henry St, Pakenham
Cost: **Free**
Enquiries:
Roger, Cardinia Mens Shed on **0414 749 904**



Old time dance event

Hosted by Pakenham Rotary

The Silhouettes headline this energetic old-time dance event. Enjoy some ballroom, old time, new vogue, rock 'n' roll, progressive and line dancing – you don't need to bring a partner. If you would just love to come along to watch the dancing, you are most welcome, but please book.

Date: **Sunday 15 October**
Time: **1-5pm**
Venue: **Pakenham Hall,**
cnr John and Henry streets, Pakenham
Cost: **Free**
BYO food and drinks (this is an alcohol-free event)

Bookings essential:
Ian Wake **0417 112 500** or
Peter Neilson **0418 584 594**

