

FREE

# Ageing Well



Creating an age-friendly shire

Edition 22 – September 2025

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## Get your newsletter direct!

For more information, contact the Ageing Well team:

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)  
Ph: **1300 787 624**

- Scan the QR code (above)
- Request a printed copy and join our mailing list
- Visit a pick-up point (see back page)
- Read / subscribe online (includes large print format)

## Victorian Seniors Festival Special Edition

**More than 30 local events will be held throughout October to celebrate the Victorian Seniors Festival.**

These events are being delivered thanks to the incredible support of our Cardinia Seniors Network, which is made up of passionate and active older residents who represent a wide range of community groups across the shire.

The month-long program is packed with free and low-cost activities, all of which are featured in this special edition of Ageing Well. There's something for everyone!

Celebrate positive ageing by taking part in events and activities close to home or across Victoria as part of the statewide festival.

This year's theme of *Connect, Create, Celebrate* encourages everyone to get involved and have fun.

Victorian Seniors Card holders can access eight days of free public transport across Victoria from 5 to 12 October 2025. This includes travel across all metropolitan services, V/Line train and coach services, and selected regional bus services.

**We hope you enjoy this special Seniors Festival edition of Ageing Well.**

**Check out the full program of events from pages 3 to 7.**

Victorian  
Seniors  
Festival  
2025



**CONNECT  
CREATE  
CELEBRATE**

1–31 October



# Raising awareness and support



**NEW**

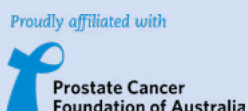
## Cardinia prostate cancer support group

If you have been impacted by prostate cancer, join this new group for connection, understanding, information and support. This monthly group can help you and your loved ones cope with a diagnosis. Find belonging, community, and learn in a respectful, friendly environment.

*"Joining a support group after my diagnosis has been invaluable. I've learned from others which has really helped me develop a more positive outlook." — Matt D*

### Cardinia Cultural Centre illuminated during September

Visit the Cardinia Cultural Centre at 40 Lakeside Boulevard, Pakenham during September to see it lit up at night to raise awareness of prostate cancer.



### Cardinia prostate cancer support group:

Date: **Thursday 4 September**  
(first Thursday of each month)

Time: **7-8:30pm**

Venue: **Outlook Community Centre,  
24 Toomuc Valley Road, Pakenham**

Cost: **gold coin donation**

Bookings: **5940 4728**

Enquiries: **Span 0422 917 386**



## Cardinia Dementia Connections

Care Connect's Care Finder team and local community services will host the Cardinia Dementia Connections event during Dementia Action Week in September. Come along to find out about services and supports for people living with dementia.

Date: **Tuesday 16 September**

Time: **10am-12pm**

Location: **Outlook Community Centre,  
24 Toomuc Valley Road, Pakenham**

Cost: **free (morning tea provided)**

Bookings: **1800 940 633 or 5940 4728**

\*See page 7 for dementia-friendly games days

## My Aged Care and Care Finder information session

My Aged Care provides support such as cleaning, shopping and personal care to eligible seniors. To access these services, you require an assessment.

If you or someone you know needs home support to stay safe and independent, this session will help get you started. Information covered will include:

- How to register for My Aged Care.
- The application and assessment process.
- How to book an appointment with an Aged Care Specialist Officer.
- The Care Finder service.

Date: **Tuesday 9 September**  
Time: **1-3:30pm**  
Venue: **Hills Hub, 402 Belgrave-Gembrook Road, Emerald**  
(next to Emerald Library)  
Cost: **free (includes refreshments)**  
Bookings: **Ageing Well team**  
Phone: **1300 787 624**  
Email: **mail@cardinia.vic.gov.au**

## Community safety expos - October

Cardinia Shire Council is proud to partner with Victoria Police, community safety partners and service providers to host the Community safety expo to celebrate Community Safety Month. Connect with local services to discuss concerns and initiatives.



Date: **Saturday 11 October**  
Time: **1:30-4:30pm**  
Venue: **Hills Hub, 400A Belgrave-Gembrook Road, Emerald**

Date: **Saturday 18 October**  
Time: **11am-2pm**  
Venue: **Bunnings Warehouse,  
855 Princes Highway, Pakenham**  
Cost: **free (coffee and popcorn provided)**

### For more information:

Phone: **1300 787 624**

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

Bookings: **not required**

# 2025 Victorian Seniors Festival

**FREE  
travel**

## Victorian Seniors Card

The Victorian Seniors Card program encourages you to keep active and engaged in the community by making it more affordable to get out and about. Best of all it's free. No application fees, no charges. Now is the time to organise your Victorian Seniors Card ahead of the Seniors Festival next month.

### Free travel period

If you're feeling adventurous, enjoy the free travel on public transport across Victoria for eight days from **5–12 October**. This includes free travel across metropolitan Melbourne and regional Victoria, including Melbourne trains, trams, buses, as well as regional trains, coaches and buses. You must carry your Seniors myki and Victorian Seniors Card with you on public transport. Touch on and off as usual, you won't be charged. On regional services, just carry your Victoria Seniors Card.

### Long distance V/Line trains and some coaches.

V/Line services require reservations. Visit your local station or call the number below from Tuesday 2 September. Book early! You will need to collect your tickets within 48 hours. For group bookings up to 19 travelling on a V/Line train service or more than 12 people travelling on a V/Line coach service, visit your nearest station or book online. Why not organise some friends to take a trip?

#### For more information:

Phone Seniors Online on **1300 797 210**  
or V/Line on **1800 800 007**.

Visit **[www.seniorsonline.vic.gov.au/seniors-card](http://www.seniorsonline.vic.gov.au/seniors-card)**  
or **[www.vline.com.au/grouptravel](http://www.vline.com.au/grouptravel)**



## City and statewide events...

Find events happening in the city and across the state in October. Visit the the statewide events calendar at **[www.seniorsonline.vic.gov.au/festival](http://www.seniorsonline.vic.gov.au/festival)** or scan this QR Code. You can also collect a statewide festival guide from Coles supermarkets.



### Here are just some of the fun events planned:

#### Celebration Day, Sunday 5 October

Federation Square, corner Swanston and Flinders streets, Melbourne. Federation Square will come alive with a vibrant, intergenerational ukulele performance led by older adults. Bring your uke and join in! Register on Seniors Online for a player's toolkit: **[www.seniorsonline.vic.gov.au/festival](http://www.seniorsonline.vic.gov.au/festival)**

#### ACMI Seniors Film Festival, 6-12 October

Federation Square, corner Swanston and Flinders streets, Melbourne. A week of free daily cinema screenings. This year's programming focuses on science fiction.

#### Big Band Dance, Tuesday 7 October

Melbourne Town Hall, 90–130 Swanston Street, Melbourne. Swing into the sounds of the 1930s to the 1950s with the Big Band, featuring Jefferson Smith and Sarah MacLaine. Dance away or relax in the gallery and soak up timeless swing classics. This event is for everyone who loves to dance, regardless of skill. If you'd prefer to sit and listen, the classic big band songs can be enjoyed from the gallery seating.

#### Songs of Judy Garland, Thursday 9 October

Melbourne Town Hall, 90–130 Swanston Street, Melbourne. Bernadette Robinson stuns with classic songs and moving, often hilarious stories from Judy Garland's remarkable life. Listen to performances of Get Happy, The Man that Got Away, The Trolley Song, Over The Rainbow and many more.





# Local Seniors Festival events

**FREE and  
low cost  
events**

Enjoy more than 30 free or low cost events this October. Please note where bookings are required.

## Outdoor park exercises

Date: **Thursdays during October**  
Time: **10:30–11:30am**  
Venue: **Barring-buluk Park, near Pakenham train station. Park along Flower Street, cross under the overhead trainline and meet at the exercise equipment area.**

Make the most of the shire's outdoor exercise equipment in parks with guidance from qualified fitness trainers.

Bookings: **not required**

## Shared plates – shared stories

Date: **Saturday 4 October**  
Time: **12–4pm**  
Venue: **Gurdwara Siri Guru Nanak Darbar, 33 Officer Road, Officer**

Seniors from all backgrounds are invited to bring food to share with the community. Everyone welcome. Food can be prepared at the Gurdwara. Recipes can also be shared with participants.

Bookings:  
**Harpreet 0447 028 688**

## Men's spit roast and wellness day

Date: **Wednesday 8 October**  
Time: **11am–2pm**  
Venue: **Koo Wee Rup Men's Shed, 235 Rossiter Road, Koo Wee Rup**

Join us at the Men's Shed for a fun day of meat and makeovers (barbers on site at this event). Enjoy a mouth-watering spit roast, wellness insights, and great conversation in a warm, welcoming space.

Bookings:  
Ian (Lang Lang) **0458 875 777**,  
George (Koo Wee Rup)  
**0403 030 027** or  
Allie at Lang Lang Community  
Centre **5997 5704**.

## Live artist demonstrations

Date: **Thursdays during October**  
Time: **10:30am–12.30pm**  
Venue: **Moy-Yan Neighbourhood House, 2B Beswick Street, Garfield**

Watch an artist in action and enjoy morning tea. A unique theme each week.

**Thursday 2 October:**  
Australia – Trompe l'oeil.

**Thursday 9 October:**  
America – Steampunk Engine, mixed media.

**Thursday 16 October:**  
France – Portrait of Louis, fabric painting of balloon chair.

**Thursday 23 October:**  
England – Dark Academia, clock making.

Bookings: **Jen 0428 372 686**

## Community dance

Date: **Saturday 4 October**  
Time: **7:30–11pm**  
Venue: **Pakenham Hall, 6E Henry Street, Pakenham**

Join Pakenham Rotary for a community dance featuring a live four-piece band. Enjoy a mix of old-time, new vogue, line, and rock 'n' roll dancing. Bring your own supper and drinks. Tea and coffee will be provided.

Bookings: **Terry 0419 314 085**

## Morning of melodies

Date: **Wednesday 8 October**  
Time: **10am–12pm**  
Venue: **Lifestyle Ridgelea, 65 Botanical Boulevard, Nar Nar Goon**

Join us for a morning of acoustic music from the 60s, 70s and 80s with our homeowner Ron. Includes morning tea.

Bookings: **Jackie 0475 211 139**

## Thursday Lounge live entertainment

Date: **Thursday 2, 9, 16, 23 and 30 October**  
Time: **6pm until late**  
Venue: **Brewing Bliss Cafe, Cardinia Cultural Centre, 40 Lakeside Boulevard, Pakenham.**

Share a unique, relaxing evening of live entertainment at the Cardinia Cultural Centre's Brewing Bliss Cafe. Enjoy a different performance each week by Ebony Portelli, Sasha Rechichi, Stephanie Angelini, Michael Prizeman and Alejandro Aguanta.

Supper and drinks available from the cafe.

Bookings: **not required.**

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# Local Seniors Festival events

## All Together Choir singalong

Date: **Thursday 9 October**

Time: **12–1:30pm**

Venue: **Cardinia Cultural Centre,  
40 Lakeside Boulevard,  
Pakenham**

Come and enjoy listening to the passionate singing of this fun group. Remember to bring your enthusiasm!

Bookings: **not required**

## Crafty crocheting at CCC!

Date: **9, 16 and 23 October**

Time: **10am–12pm**

Venue: **Cardinia Cultural Centre,  
40 Lakeside Boulevard,  
Pakenham**

Join our workshop to learn all the basics or bring your crochet and get making in a room of like-minded crafters. Materials provided.

Bookings:

**Cardinia Cultural Centre  
1300 887 624**

## Qigong – move for health

Date: **Friday 10 October**

Time: **11am–12pm**

Venue: **Pakenham Library, corner  
John and Henry streets,  
Pakenham**

A starter's introduction to Qigong. Gentle practice calms the mind, soothes the nervous system, releases tension, reduces stress and promotes a profound sense of relaxation.

Bookings:

**Pakenham Library 5940 6200**

## Men's morning tea

Date: **Saturday 11 October**

Time: **10am–12pm**

Venue: **Fernlea Community House,  
356 Belgrave Gembrook  
Road, Emerald**

A special invitation to local men aged 60-plus. Enjoy morning tea over relaxed conversation and shared stories. Fun, friendly, insightful! Led by experienced group leaders.

Bookings:

**John 0431 844 833  
or Ken 0419 574 865**

## Pakenham and surrounds community garage sale

Date: **Saturday 11 October**

Time: **8:30am–3pm**

Venue: **Cardinia Men's Shed, C/  
Living and Learning Centre,  
6B Henry Street, Pakenham**

Garage sales list and map available for collection from 8:30am on 11 October. Join the scavenger hunt to win a meat tray.

Bookings: **not required**

### Register your garage sale

If you would like to have a garage sale, you need to register with the Men's Shed by 14 September.

Call David **0412 127 444**  
or Roger **0414 749 904**

## Community safety expos

Date: **Saturday 11 October**

Time: **1:30–4:30pm**

Venue: **Hills Hub, Emerald**

Date: **Saturday 18 October**

Time: **11am–2pm**

Venue: **Bunnings Warehouse,  
Pakenham.**

For further details, please see the article on page 2.

## History of Koo Wee Rup swamp

Date: **Sunday 12 October  
1:30–2:30pm**

Date: **Wednesday 15 October,  
11am–12pm**

Venue: **Koo Wee Rup Swamp  
Historical Society Museum,  
325 Rossiter Road,  
Koo Wee Rup.**

Explore the history of Koo Wee Rup Swamp's drainage, Victoria's largest reclamation project. Learn about settlers' lives, frequent floods, and Carlo Catani, the engineer behind the work.

Bookings: **Heather 0407 521 637**

## Digital basics for over 55s

Date: **Tuesday 14 October**

Time: **10am–12pm**

Venue: **Cockatoo Community  
House, 23 Bailey Road,  
Cockatoo**

Build confidence with your digital device. Join our free over 55s program and discover digital basics in a relaxed, supportive environment.

Bookings: **Robyn 5968 9031**

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# Local Seniors Festival events

## Life in the Senior's Lane photography exhibition

Date: **Monday 13–27 October**  
Time: **9am–3pm daily**  
Venue: **Fernlea Community House, 356 Belgrave Gembrook Road, Emerald**

Visit the beautifully refurbished Fernlea Community House for Paul Bianco's vibrant portrait exhibition, celebrating spirited seniors of Emerald and districts. Inspiring faces, lively stories. Refreshments provided.

Bookings: **not required**

\* Also see Life in the Senior's Lane fireside chat and panel discussion on 19 October.

## Bouquet of seniors day

Date: **Saturday 18 October**  
Time: **11am–3pm**  
Venue: **Pakenham Senior Citizens, 38 James Street, Pakenham**

Celebrating our community's diversity like a bouquet of flowers! Including intercultural entertainment, cuisine and activities. Connect, share stories, and enjoy a vibrant, welcoming day for all.

Bookings: **Jagtar 0404 014 499**

## Kirth Kiln historic talk and guided bushwalks

Date: **Tuesday 21 October**  
Time: **10am–1pm**  
Venue: **Kirth Kiln Regional Park, Beenak Road, Gembrook**

We will kick-off with an informative historical talk about Kirth Kiln. Explore the amazing static displays and morning tea. Keen walkers are encouraged to come dressed ready for a guided bushwalk suitable for a range of ability levels.

Bookings:  
**Marlene 0429 814 410**

## Falls and injury prevention series

Date: **Wednesday 15, 22 and 29 October**  
Time: **1–2:30pm**  
Venue: **Cardinia Life, 4 Olympic Way, Pakenham**

For residents aged 55-plus who want to stay active, independent, and reduce their risk of falls. Presentations by Monash Health experts.

**15 October – Introduction to falls and injury prevention.** Physical, home safety, foot and eye care.

**22 October – Eat well as we age.** The importance of good nutrition and dietary guidelines.

**29 October – Balance and strength.** Improve balance, strength, and be active. Includes exercise tips, national guidelines and local programs.

Bookings: **Abu 5945 2888**  
Website: **bit.ly/4owMIQv**

## Life in the Senior's Lane fireside chat and panel discussion

Date: **Sunday 19 October**  
Time: **2–4pm**  
Venue: **Fernlea Community House, 356 Belgrave Gembrook Road, Emerald**

Join us to hear from our local Emerald and district seniors as they participate in an informative, fun filled fireside chat and panel discussion. Includes afternoon tea.

Bookings: **Kerry 5968 3895 (Option 5) or email fch@fernlea.com.au**

## Casey-Cardinia heritage day

Date: **Saturday 18 October**  
Time: **10am–2pm**  
Venue: **Nar Nar Goon Soldiers Memorial Hall, Spencer Street, Nar Nar Goon**

Discover Cardinia Shire's rich history and explore stories that shaped this beautiful region.

Bookings: **not required**

## Floral Magic in Lang Lang

Date: **Monday 20 October**  
Time: **2–3pm**  
Venue: **Lang Lang Community Centre, 7 Westernport Road, Lang Lang**

Join Alli, your friendly local florist, for a hands-on floral arranging workshop where creativity blooms. Bring your own medium-sized vase and get ready to design something beautiful. Afternoon tea provided.

Bookings: **Allie 5997 5704**

## Grandparents and caregivers playgroup

Date: **Tuesday 21 October**  
Time: **10am–1pm**  
Venue: **Deep Creek Reserve, Cameron Way, Pakenham**

Join a joyful day of intergenerational bonding. Fun activities including painting, nature walks and more. Kids can explore the life size garbage truck. Free barbecue. All carers welcome.

Bookings: **not required**

**Victorian Seniors Festival 2025**

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**1–31 October**



# Local Seniors Festival events

## Dementia-friendly games days

Date: **Tuesday 21 October**  
Time: **10:30am- 1pm**  
Venue: **Outlook Community Centre, 24 Toomuc Valley Road, Pakenham**

Bookings: **Taryn 5940 4728**  
Website: **bit.ly/412tWAX**

Date: **Tuesday 28 October**  
Time: **10:30am-1pm**  
Venue: **Hewitt Eco House Community Room, 215 Rossiter Road, Koo Wee Rup**

Bookings: **Naomi 5997 9655**

For people living with dementia, their loved ones and carers. Join us for fun-filled, inclusive activities. Build your social connections by sharing lunch, laughter, and prizes.



## Sip and See live performance: Anything You Can Do

Date: **Wednesday 22 October**  
Time: **10am-12pm**  
Venue: **Cardinia Cultural Centre, 40 Lakeside Boulevard, Pakenham**

Cost: **\$15 per person**

Devonshire tea: **10am**

Live show: **11am**

Enjoy a performance by the vibrant Pony Cam theatre company and local community members aged 55-plus who explore the challenges of generational stereotypes. Don't miss this dynamic, thought-provoking show.

Bookings: **1300 887 624**

## Bush bites – truffle delights!

Date: **Thursday 30 October**  
Time: **10-11:30am**  
Venue: **Cardinia U3A, (located at the Pakenham Library), 6E Henry Street, Pakenham**

Join us at U3A for Auntie Sammy's fascinating talk on indigenous bush foods and get hands-on making delicious truffles with native ingredients. It's an event you won't want to miss!

Bookings: **Heather 5941 4164**

## Gembrook Park guided walk and tree planting

Date: **Thursday 23 October**  
Time: **10-11:30am**  
Venue: **Corner Gembrook and Redwood roads, Gembrook**

Hosted by Friends of Gembrook Park. Enjoy tree planting, a gentle guided bushwalk, birdwatching, and forest wonders including a 300-year-old Mountain Ash. Learn about the group's volunteer work. Refreshments provided.

Bookings: **Merle 0407 011 344**

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1-31 October



# Recognising carers

## Carers Morning tea

National Carers Week is held from 12 to 18 October. If you care for someone who is elderly or who has a disability or mental illness, join us for morning tea to celebrate the amazing job you do. Relax, chat and enjoy the refreshments and entertainment.

Date: **Wednesday 15 October**  
Time: **10am–12pm**  
Venue: **Outlook Community Centre,  
24 Toomuc Valley Road, Pakenham**  
Cost: **free**  
Bookings: **5940 4728**



**Pick up a copy of your Ageing Well Newsletter 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 Road, Beaconsfield
- Mobile Library Beaconsfield Community Complex, O'Neil Road, Beaconsfield 12pm–7pm (Wed)
- Cardinia Cultural Centre, 40 Lakeside Boulevard, Pakenham
- Cardinia Life, 4 Olympic Way, Pakenham
- Cardinia Shire Council Civic Centre, 20 Siding Avenue, Officer
- Outlook Community Centre, 24 Toomuc Valley Road, Pakenham
- Pakenham Library or Cardinia U3A, corner John and Henry streets, Pakenham

- Kooweerup Regional Health Reception, 235 Rossiter Road, Koo Wee Rup
- Lang Lang Community Centre, 7 Westernport Road, Lang Lang
- Mobile Library points:
  - Bunyip, Main Street 9:30am–1:45pm (Sat)
  - Bunyip Primary School 10:45am–12:15pm (Mon)
  - Garfield, Ritchie Street 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 Road 12:30–1:30pm (Thur)
  - Nar Nar Goon Primary School 11am–12pm (Thur)
  - Tynong, Railway Avenue 3:30–5:30pm (Tues)
- Moy-Yan Neighbourhood House, Beswick Street, Garfield

- Cockatoo Community House, 23 Bailey Road, Cockatoo
- Fernlea Community House, 356–8 Belgrave-Gembrook Road, Emerald
- Emerald Library 400A Belgrave-Gembrook Road, 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 Road, 2:30–5:30pm (Tues)
  - Upper Beaconsfield, Charing Cross Reserve 10:45am–1:30pm (Tues)
- Upper Beaconsfield Community Centre, 10-12 Salisbury Road, Beaconsfield Upper



**Cr Jack Kowarzik (Mayor)**

0439 620 809  
[j.kowarzik@cardinia.vic.gov.au](mailto:j.kowarzik@cardinia.vic.gov.au)



**Cr Alanna Pomeroy (Deputy Mayor)**

0436 353 194  
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**Cr Brett Owen**

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**Cr Casey Thomsen**

0428 185 791  
[casey.thomsen@cardinia.vic.gov.au](mailto:casey.thomsen@cardinia.vic.gov.au)



**Cr Trudi Paton**

0437 719 572  
[trudi.paton@cardinia.vic.gov.au](mailto:trudi.paton@cardinia.vic.gov.au)

## 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](mailto:mail@cardinia.vic.gov.au)

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