

# Positive Ageing Together

Newsletter May / June 2016



*opportunity » growth » lifestyle*

## Welcome to the May/June edition of the Positive Ageing Together newsletter!

We have been busy here in the office putting together a packed couple of months for you! There are plenty of different things to read your way through, and if anything catches your eye, why not check it out. Here's a little sneak peak before you turn the pages –

This May, on Tuesday the 17<sup>th</sup>, Frankston City Council acknowledges IDAHOBIT Day – the International Day Against Homophobia, Biphobia and Transphobia. If you would like to be a part of Frankston's movement to celebrate diversity, head to page 2.

A busy month is May! Frankston's Community Food Festival kicks off, and there are events about every part of food you could think of. From worm farming to composting, and eating well as you grow young (instead of grow old)! Find out how to contribute to some of Frankston City's support agencies with donations from your home. Page 5 is the place to hear the word on food.

Once again, Frankston City Council puts on a show to acknowledge World Elder Abuse Awareness Day in June. This year, FRANK Fest will turn on the screens of Cube 37 at Frankston Arts Centre – Let's be FRANK about Elder Abuse with a Short Film Festival! For information on how to submit your own film or how to RSVP to attend the festival, turn to pages 6 and 7.

Last month the PAT team held an information session about Life Beyond Driving, to share the release of the updated Life Beyond Driving booklet. To find out how to get your hands on a copy, travel over to page 9.

There's plenty more inside, so turn the pages to find out what else you can get stuck into over May and June.

**Kind regards, Carly (9784 1046), and Laura (9784 1943), Positive Ageing Project Officers**

## Inside this edition



**02** **IDAHOBIT Day**



**05** **Frankston Community Food Festival**



**06** **FRANK Fest Film Festival**

## MAY 2016

### **What's on the Curved Wall at Frankston Arts Centre - Kirsten Perry: Tracing the Line of Sight**

Artist Kirsten Perry uses a drawing method that plots the path of the artist's gaze, to explore the act of looking in the drawing process.

- When:** On display from 21 April from 18 June, Mon – Fri 9am to 5pm, Saturday from 9am to 2pm  
**Where:** Frankston Arts Centre, 27 – 37 Davey Street, Frankston  
**Cost:** Free  
**Enquiries:** Frankston Arts Centre on 9784 1896
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### **Seniors iPad Basics in Frankston North**

Need to learn how to use your iPad? This class will cover general settings, downloading apps, using email, safari and more! Come along on any Friday within the period below and learn the basics of your iPad.

- When:** Fridays starting 13<sup>th</sup> of May, until Friday 24 June from 9.30am to 12.30pm  
**Where:** Frankston North Community Centre, 26 Mahogany Centre, Frankston North  
**Cost:** \$5 per session  
**Bookings:** Frankston North Community Centre on 8773 9545
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### **Working Bee – Joy of the Earth Community Garden**

BEE with us BEEfore our BEES go into winter hibernation! At the Community Garden, they will be extracting honey from the beehives – new faces are always welcome, come and take a look around.

- When:** Saturday 14 May from 9am to 1pm  
**Where:** JOTE Community Garden, Joy Street, Frankston  
**Cost:** Free  
**Enquiries:** Sue on 9783 5229
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### **IDAHOBIT Day flag-raising ceremony and morning tea**

Frankston City Council will recognise IDAHOBIT Day – the International Day Against Homophobia, Biphobia, and Transphobia. Rainbow flags will be raised at the Frankston Civic Centre flagpoles to demonstrate our commitment to an inclusive community where all are welcome.

- When:** Tuesday 17 May from 10.30am to 12.30pm  
**Where:** Frankston Civic Centre flagpoles, Davey Street, Frankston  
**Cost:** Free, includes morning tea and a wonderful range of guest speakers  
**Bookings:** Carly on 9784 1046
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### **Café Bazaar - Social activity drop in group for independent multicultural seniors**

Drop in and join other people for some fun activities including cards, games, backgammon, dominoes, craft, music, dancing or just for chat. The group also goes on occasional outings. No need to book.

- When:** Every Wednesday from 10am to 1pm  
**Where:** Frankston Multicultural Centre, 24 – 26 High Street, Frankston  
**Cost:** Free, light refreshments provided. Outings are at an additional cost.  
**Enquires:** Silvia on 0419 548 593

## Sunday Try Bowls at City of Frankston Bowling Club

A new activity is on the program at the City of Frankston Bowling Club, and you're invited to come and have a go! They provide the bowls, a little bit of tuition if required, tea/coffee and cake, and a promised good time for all. Come along and give it a try, bookings not required. Wear flat soled shoes/runners.

**When:** First Sunday of every month from May until August  
10am to 12pm

**Where:** City of Frankston Bowling Club, Cnr Yuille and Williams Street, Frankston

**Cost:** Free, includes tea/coffee and cake

**Enquiries:** John on 0418 331 377

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## It's Mindful May in Frankston North

What is Mindfulness? How do I do it? Who is it for? Learn basic techniques over the whole month of May to deal with the pressure and stress of day to day living.

### Creating health and wellbeing

**Tuesday 3 May from 7pm to 9pm**

This workshop introduces the concept of mindfulness and basic techniques to help you develop your own mindfulness using creative expressions

### Why mindfulness, why now?

**Friday 6th May from 1pm to 2:30pm**

Learn a brief history of mindfulness, some useful practices and times for reflection as well as a Q and A.

### Mindful versus unmindful behaviour

**Friday 13th May from 1pm to 2:30pm**

Learn how mindfulness works in everyday life. Explore how we act under pressure, our flight or fight response and why mindfulness really works.

### Mindfulness in Action

**Friday 13th May from 1pm to 2:30pm**

Linking mindfulness to healthy behaviour, including nutrition, exercise and eating.

### Journal Writing – Your Voice Matters

**Sunday 22 May from 11am to 1pm**

Explore the creative process of putting thoughts, worries and ideas into words.

**Where:** Frankston North Community Centre, 26 Mahogany Avenue, Frankston North

**Cost:** All activities are \$3 each

**Bookings:** Frankston North Community Centre on 8773 9545

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## Composting and worm farming master classes

Frankston City Council's Environment Team invites you to learn how to become a super composter or worm farmer and drastically reduce your household waste.

**When:** Saturday 21 May, composting from 9.30am to 10.30am, worm-farming from 11am to 12pm.

**Where:** Ebdale Community Hub and Learning Centre, 20 Ebdale Street, Frankston

**Cost:** Free

**Bookings:** Leave a message on 9768 1628

## **JUNE 2016**

### **Dialogues on Healthy Ageing - Contemporary Issues in Family Relationships**

In the first in a Series of three Seminars on Ageing in 2016, speakers will explore contemporary issues in Family Relationships. The first Seminar covers building respectful relationships, grand parenting today, and resolving family conflict and family violence. The Seminar Series on Ageing is presented by Monash University and The University of the Third Age in association with The Australian Association of Gerontology, Frankston City Council and the Mornington Peninsula Shire Council.

- When:** Friday, 3 June 2016 at 11am to 12:30pm  
**Where:** George Jenkins Theatre, Monash University, McMahons Road, Frankston  
**Cost:** Free  
**Enquiries:** U3A Frankston Office on 9770 1042 or U3A Morning Office on 5973 9773

### **Orwil Street Community House – Friendly Games Social Group**

Head on down to this friendly community house and enjoy a fun and relaxing morning playing board games. This is a great opportunity to meet new people in a safe, relaxed environment.

- When:** Every Thursday from 10am to 12noon  
**Where:** Orwil Street Community House, 16 Orwil Street Frankston  
**Cost:** \$2 donation  
**Enquiries:** 9783 5073

**Reminder:** Orwil Street Community House are no longer mailing out Term Programs.

You can pick up a program from the House, or visit <http://www.orwilst.org.au/> to download a program.

### **Celebrate Ageing - Photography exhibition in your Frankston City Library**

Council is celebrating positive ageing by recognising that older people continue to live life to the fullest, in spite of the challenges that come with getting older.

Lois (pictured here) holds the Victorian records for 50, 100 and 200 metre backstroke in the 80 to 84 year old category. Lois loves nothing more than conquering her own records and improving her best times. She also works full time and recently represented Victoria at the Australian Masters Games!

The Frankston and Mornington Peninsula areas are bursting with older people just like Lois – so Frankston City Council, Peninsula Health and Mornington Peninsula Shire have joined together to **#celebrateageing** with a stunning visual display of photographs.



**Visit your closest Frankston City Library to view the full Celebrate Ageing collection -**

**Tuesday 7<sup>th</sup> June to Tuesday 21<sup>st</sup> June at Carrum Downs Library, 203 Lyrebird Drive, Carrum Downs**

**Tuesday 5<sup>th</sup> July to Tuesday 19<sup>th</sup> July at Frankston Library, 54 Playne Street, Frankston**

**PLACE YOUR AD HERE**

**This space is open for sponsorship. Contact Carly on 9784 1046 to find out.**

## Frankston Community Food Festival

### Growing Young – healthy eating information session

Be inspired with new ideas, recipes and practical tips for eating well as you age. What foods are best for happy, healthy senior years, and how does food impact on common health conditions as we get older? Learn from speakers from the Heart Foundation, and a local nutritionist.

**When:** Monday 30 May from 1.30pm to 3.30pm  
**Where:** Langwarrin Community Centre, 2 Lang Road, Langwarrin  
**Cost:** Free  
**Bookings:** Laura on 9784 1943

### Frankston food bowl – bus tour

Take a tour around Frankston to find out about some key places where food comes from, where it goes, and how you can be a part of it. This trip takes you to Frankston City Council's Meals on Wheels Kitchen, Joy of The Earth Community Garden and the Second Bite Warehouse, where rescued food goes to be redistributed to people in need. You will also have an opportunity to meet the staff of City Life café who provide thousands of meals each month to people in Frankston.

**Please BYO lunch for this trip. Please note, you will need to be comfortable getting on and off the bus at each venue, and manage uneven ground and gravel.**

**Seats are strictly limited. Sadly, no group bookings are allowed, with a limit of two tickets per booking. The trip will run rain, hail or shine. Please bring your own water bottle, umbrella or sunhat.**

**Date:** Thursday 19 May  
**Time:** Meet at 8.45am for departure, return to Frankston Arts Centre at 2.15pm.  
**Venue:** Meet at Frankston Arts Centre, 27-37 Davey Street, Frankston  
**Cost:** \$4, bring your own lunch  
**Bookings:** Carly on 9784 1046

### Food and toiletry donations wanted

Please help Frankston City Council celebrate the Frankston Community Food Festival by donating food tins, jars and packets from your pantry at various drop off points throughout the community. Donations will be passed on to Frankston Community Support and Information Centre.

Food must be packaged and within its 'Use by' or 'Best Before' date, undamaged, and original label must be intact. Tuna, pasta and pasta sauce are always popular items. Toiletries are also very much appreciated, including unopened soaps and shampoos, toothbrushes/paste, feminine hygiene products (pads and tampons) and nappies.

### You can drop your goodies at the following locations:

- Civic Centre, 30 Davey Street, Frankston
- Seaford Customer Service, corner Station and Broughton Streets, Seaford
- Langwarrin Customer Service Centre, Shop 6, Gateway Shopping Centre, Langwarrin
- Karingal PLACE, 103 Ashleigh Avenue Frankston
- Lyrebird Community Centre, 203 Lyrebird Drive, Carrum Downs
- Langwarrin Community Centre, 2 Lang Road Langwarrin
- Belvedere Community Centre, 36 Belvedere Road, Seaford
- Frankston North Community Centre, 26 Mahogany Avenue, Frankston North
- Frankston City Library, 60 Playne Street, Frankston

**These drop-off points will be available from Wednesday 1<sup>st</sup> until Thursday 30<sup>th</sup> June.**

## Making a difference in Carrum Downs, Skye and Sandhurst – next community meeting

Did you know there is a local community group that is working to make a difference for their local area?

The Carrum Downs, Skye and Sandhurst Working Group have been meeting since 2014. Working in conjunction with Frankston City Council, the group has been helping implement key priorities identified by local community members in the 2013 Local Area Plan. Some achievements and activities so far include Clean Up Australia Blitz at Wedge Road and the Tree Planting Day at Carrum Woods Reserve.



All ages and community members are welcome to attend the next meeting – whether you are a resident, a student, own a business, or are part of a club or group - we would love to hear from you. Being part of this group gives you a chance to have a voice on local needs, make a difference to your community, and meet new people! No need to book, just come along.

- When:** Wednesday 8 June from 4pm to 5pm  
**Where:** Lyrebird Community Centre, 203 Lyrebird Drive, Carrum Downs  
**Cost:** Free  
**Enquiries:** Terri on 9784 1035

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## Online Banking Workshop in Carrum Downs

Want to learn how to get more out of the internet? Be introduced to internet banking, paying bills online and ensuring bank security and safety. This workshop is run by FMC Mediation and Counselling Victoria. All participants receive a free workshop booklet to take home.

- When:** Thursday 16 June from 10am to 12pm  
**Where:** Lyrebird Community Centre, 203 Lyrebird Drive, Carrum Downs  
**Cost:** Free  
**Bookings:** Lyrebird Community Centre on 9782 0133

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## Let's be Frank about Seniors Rights – FRANK Fest Short Film Festival

Frankston's Positive Ageing Team is calling for submissions to FRANK Fest – an amateur Short Film Festival.

**To enter:** Submit a short film up to eight minutes in length exploring **respectful relationships among older people and those they trust** on your smartphone, camera or tablet and send it in to be aired at FRANK Fest and a chance to win prizes!

**Submit your film before Monday 13th of June.**

- Prizes:** First prize - \$250 Coles/Myer voucher  
Second prize - \$100 Coles/Myer voucher  
Third prize - \$50 Coles/Myer voucher

**ALL ENTRANTS GO IN THE DRAW TO WIN: One of five Double Movie Passes for Hoyts Cinemas Frankston**

**For details on how to apply, and conditions of entry please send an email to:**  
[positiveageing@frankston.vic.gov.au](mailto:positiveageing@frankston.vic.gov.au) or call the Positive Ageing Team on 9784 1943 or 9784 1046

## Come and support the premiere of FRANK Fest Short Film Festival!

Made by local people both young and old, this thought provoking selection of short films will inspire you to explore what 'seniors rights' actually means, and encourage you to respect all those around you. Take a glimpse at the many different ways people reflect on relationships with older people. This promises to be a truly inspiring event.

**When:** Monday 20 June from 11am to 1pm  
**Where:** Cube 37, 37 Davey Street, Frankston  
**Cost:** Gold coin, includes afternoon tea  
**Bookings:** Laura on 9784 1943



**Thank you to our generous supporters for donating prizes - Peninsula Sports Medicine Group, SAI Home and Community Care, and Hoyts Cinemas Frankston.**

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### Guided Ranger Bush Foods Walk

Join the Ranger in the George Pentland Botanic Gardens to learn more about plants used by the Boonwurrung people for food, medicines and tools.

**When:** Tuesday 28 June from 1pm to 3pm  
**Where:** George Pentland Botanic Gardens – exact location confirmed upon meeting  
**Cost:** \$5 per adult, \$3 concession, \$2 per child, children under 3 are free  
**Bookings:** Frankston Visitor Information Centre on 1300 322 842

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### Astronomy Night Star Talk in Frankston South

Join the Ranger to get a perspective of our place in space, and hear stories from other cultures. Bring along a folding chair or picnic rug, warm clothes, beanie and/or blanket and a small torch.

**When:** Tuesday 28 June from 6pm to 7.30pm  
**Where:** Overport Park, Overport Road, Frankston South  
**Cost:** \$5 per adult, \$3 concession, \$2 per child, children under 3 are free  
**Bookings:** Frankston Visitor Information Centre on 1300 322 842

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### Kay's Fashion Show in Frankston

Join the Country Women's Association Frankston Branch for a fun day full of fashion. Watch the parade, learn some tips and tricks, and then enjoy lunch with the lovely ladies.

**When:** Wednesday 29 June from 12pm onwards  
**Where:** 33 Beach Street, Frankston  
**Cost:** \$12.50 includes lunch  
**Bookings:** Jenny on 9766 5614

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## SENIORS CLUBS AND GROUP NEWS

### Seagull Day Club at Frankston RSL

The Seagull Day Club is a great social club for older seniors who want to enjoy entertainment, quizzes, guest speakers and attending outings and events with new people. The group is supported by the Department of Veterans Affairs and Frankston RSL, and meets every Tuesday from 10am at the Bowling Pavilion of Frankston RSL. **To find out more about this club, please contact Sharon on 9783 5509.**

### Opportunity to join in! Peninsula Activities Group

Peninsula Activities Group invites you to join monthly meetings and activities in Frankston. Hear a speaker of interest, enjoy a cuppa and nibbles and book your future outings and day trips. New members are always welcome. **To find out more, please contact Joana on 9775 2304.**

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### Congratulations on 85 wonderful years CWA Frankston!

In April, the CWA Frankston branch celebrated 85 years of fellowship. Attended by members from branches all over Victoria, a lunch was held in a relaxed and friendly atmosphere. Take a look at that beautiful cake! **For more information about the group, please contact Jenny on 9766 5614.**

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### The Mornington Peninsula Bonsai Society

The Mornington Peninsula Bonsai Society is calling for new members. If you have a passion for Bonsai and are interested in being part of this highly enjoyable and creative community, why not give it a go? The group meets on the third Wednesday of every month and holds frequent Bonsai workshops. Please email [jillian24@bigpond.com](mailto:jillian24@bigpond.com) or call Jillian on 0407 361 989 for more information.

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### Weekly transport available to Italians Multinational Club

With diverse members from 24 different nationalities the Italians Seniors may be the multi-national club for you. Weekly activities include making new friends, bocce, bingo, bowls, and card playing as well as plenty of special occasion celebrations.

**Need help getting there?** Frankston City Council's Family Health Support Services is pleased to provide weekly door-to-door transport to Italian Seniors for eligible residents who find accessing public or private transport difficult.

**When:** Every Tuesday from 10.00am to 4.00pm

**Where:** Bruce Park Hall, Margate Ave, Frankston

**Cost:** \$20.00/year membership, \$1.00/weekly fee (BYO Lunch)  
\$2.00 for transport

**Enquiries:** To enquire about the club, please call Bianca on 9789 6238  
To enquire about transport, please call Frankston City Councils' Intake Officer on 9784 1933

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## OTHER NEWS

### Guest speakers for your club or group – Seniors Rights Victoria

If your senior's club or group is looking for speakers for 2016, consider Seniors Rights Victoria! Seniors Rights Victoria provides information, support, advice and education to help prevent elder abuse and safeguard the rights, dignity and independence of older people. Whilst the topic of elder abuse sound somewhat confronting, it's important that we all understand how to remain in control and as independent as we can become more reliant on family and other supports. All people over the age of 55 will benefit from the relaxed and informal sessions. The Positive Ageing Team frequently utilize their speakers, and thoroughly recommend any club or group to contact them directly to speak to your members.

**To find out more about speakers, contact Seniors Rights Victoria on 1300 368 821**

## Volunteer mentors needed for Community Job Search Network

Ebdale Community Hub and Learning Centre in Frankston are seeking suitable mentors, advisers and speakers to help others polish their interview skills, plan a career change, develop job seeking skills and more. **If you have experience in career counselling, human resources, training, management, psychology, or other relevant area and would like to help others, please contact Simone on 9293 7112.**

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## Calling all coaches – Walking Football coach needed!

Melbourne City Football Club is looking for a casual coach who could help offer a program on an ongoing basis for older residents. Walking football is a modified version of soccer which aims to encourage older people, or people with low mobility or disabilities, to get involved in sport. There is no running! Commitment would need to be approx 2 hours a week, and coaches would be remunerated approx \$30 to \$50 per hour depending on experience. You are encouraged to apply if you are able to -

- Structure and facilitate walking football sessions - after training and mentoring
- Speak to larger groups and have sensitivity to seniors/people with a disability
- Connect with and engage well with different types of people
- Promote the program to anyone who may be interested

**For more information, please contact George Halkias for more information on 0403 653 951.**

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## Find a Grandparent – Now looking for ‘surrogate grandparents’!

Do you want to be part of a young family with children? *Find a Grandparent* is a web-based, not-for-profit service that connects surrogate grandparents with young families and brings the generations together. They are looking for surrogate grandparents for families that live locally, who are fit and active, and are willing to spend time with a family on a regular basis. **If you are looking for a relationship that can bring joy and fulfillment to your life, take a look at [www.findagrandparent.org.au](http://www.findagrandparent.org.au) or call Cate on 0411 821 097**

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## Life Beyond Driving

This month, one of Frankston’s Positive Ageing Reference Group members shared this ‘tongue in cheek’ piece from the Sydney Morning Herald (11/03/16).

*“It’s about time the authorities did something about older drivers on our roads. For far too long older drivers have caused havoc as they hog the left lane, stick to the speed limits (even the road work limits) and stop at stop signs, causing great inconvenience and often preventing others from doing whatever they like.*

*Another major concern is that by avoiding fines and demerit points, they are not doing their bit for the revenue of our state, and are therefore placing a further burden on younger drivers. Until older drivers can prove that they are proficient at weaving in and out of traffic, driving while texting, tailgating, using drugs or doing burnouts, they must be banned from holding a license.”*

While this piece is a little bit of humour for today, it is a neat little introduction for us to talk about how transport and access to activities is vital to ensure people stay connected!

**Frankston City Council’s Life Beyond Driving** booklet has very recently been updated, and provides information for drivers and non-drivers on many transport options available to residents and visitors in the Frankston municipality.

**The new and improved Life Beyond Driving booklet is now available to print from our website, [www.frankston.vic.gov.au](http://www.frankston.vic.gov.au) or you can request a copy by calling Frankston City Council on 1300 322 322.**



## Contact details

**Frankston City Council Customer Service**

Phone: 1300 322 322

[correspondence@frankston.vic.gov.au](mailto:correspondence@frankston.vic.gov.au)

**Interpreter:** 131 450

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

### Civic Centre

30 Davey Street, Frankston

Mon to Fri, 8.20am – 5 pm, closed Sat/Sun

### Seaford Customer Service Centre and Library

Corner of Station and Broughton Street,  
Seaford

Mon to Fri 9am – 5pm, Sat 9am – 12pm

### Langwarrin Customer Service Centre

Shop 6, The Gateway Shopping Centre,  
Cranbourne-Frankston Road, Langwarrin

Mon to Fri 9am – 5pm, Sat 9am – 12pm

### Frankston City Library

60 Playne Street, Frankston

Phone: 9784 1020

### Carrum Downs Library

203 Lyrebird Drive, Carrum Downs

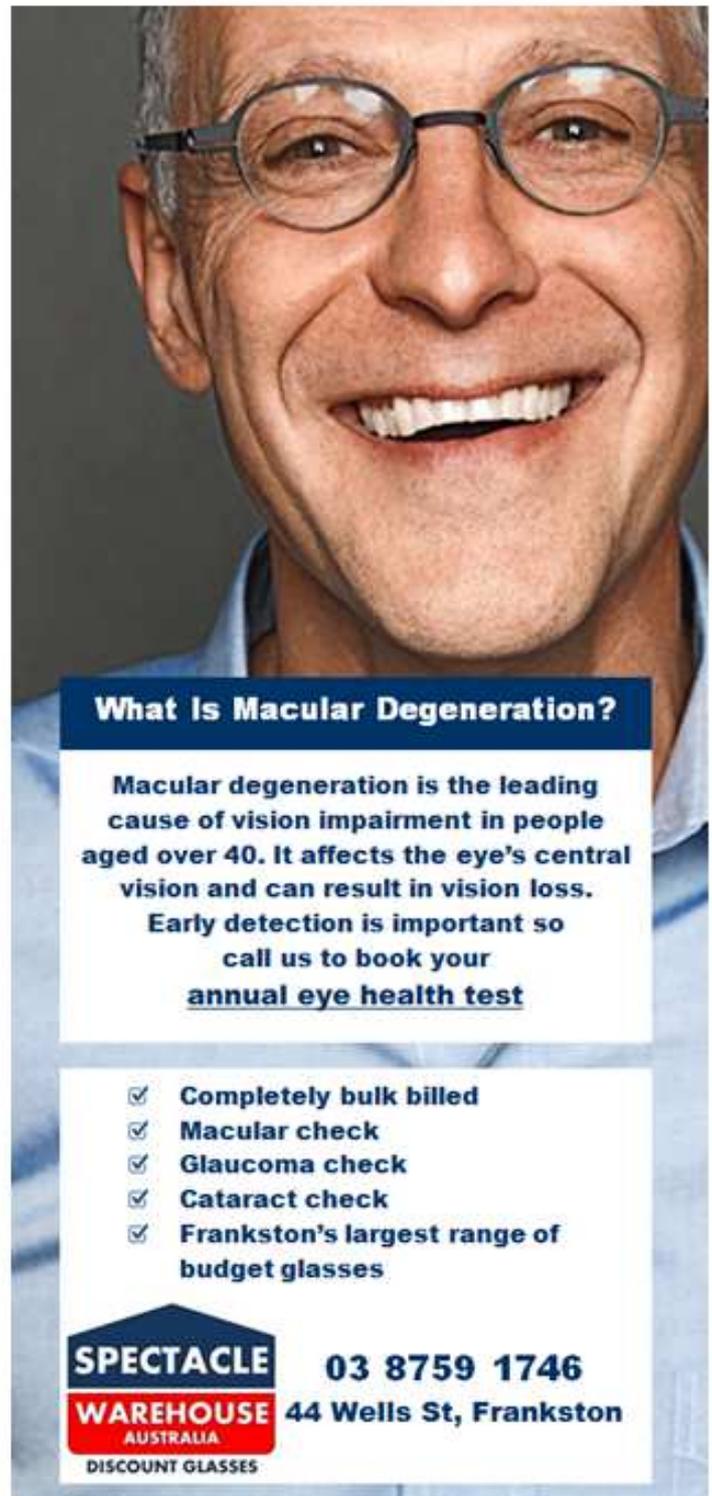
Phone: 8773 9539

### Hoon Driving

1800 333 000 (Crime Stoppers)

### Graffiti Removal

1800 66 8247 (1800 NO TAGS)



### What Is Macular Degeneration?

**Macular degeneration is the leading cause of vision impairment in people aged over 40. It affects the eye's central vision and can result in vision loss. Early detection is important so call us to book your annual eye health test**

- ✓ Completely bulk billed
- ✓ Macular check
- ✓ Glaucoma check
- ✓ Cataract check
- ✓ Frankston's largest range of budget glasses

**SPECTACLE WAREHOUSE AUSTRALIA** **03 8759 1746**  
DISCOUNT GLASSES **44 Wells St, Frankston**

**Submissions for the July / August 2016 edition are required by email to:**

**[laura.day@frankston.vic.gov.au](mailto:laura.day@frankston.vic.gov.au) or phone 9784 1943 by Monday 13 June, 2016**

For previous editions of the PAT newsletter, more of What's On in Frankston, and a listing of Seniors Clubs and Groups, please visit [frankston.vic.gov.au](http://frankston.vic.gov.au)