

Living Well

POSITIVE AGEING IN GREATER DANDENONG

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August-September 2024 Dying to Know Day August 8

Dying to Know Day (D2KD) is a national annual day of action dedicated to bringing conversations and community actions to life around death and dying.

At this event Southeast Palliative Care will present information including:

- Options for future planning
- What is palliative care
- Dying to talk together activity booklet

This event will give you the confidence to take steps to leave a loving legacy for those you care about and for, as well as to have those difficult conversations with loved one.

Join us for a Devonshire Tea and a conversation.

Thursday 8 August

10am - 11.30am

Springvale Community Hub, 5 Hillcrest Grove, Springvale

Bookings essential 8571 5574

Read more: greaterdandenong.vic.gov.au/dying-to-know-day

GET DEAD SET.
Discuss your final
arrangements





Celebrating our Centenarians

100

We want to celebrate residents who have celebrated their 100th birthday.

We would love to hear from residents or family members of people who are aged 100 or older. We will celebrate them at a morning tea with the **Mayor on Thursday 28 November.**

To be eligible the person must:

- Be 100 years or older
- Live in Greater Dandenong (or have lived a large portion of their life in Greater Dandenong)
- Agree to be nominated

To nominate someone email

postiveageing@cgd.vic.gov.au or phone 8571 5556

Seniors Festival Afternoon Dance



Wednesday 2 October



1.00pm-4.00pm



Springvale Town Hall

5 Hillcrest Grove, Springvale

Band O'Gold

Cost: \$10 Payment at the door.
Includes celebratory afternoon tea.

Bookings essential 8571 5556



Seniors Day Trips



Bookings open Tuesday 16 July 2024 at 9am

- Participants must be a resident of the City of Greater Dandenong and be a registered user of the Community Transport Service.
- Participants using this service need to be independent and mobile. Mobility aids are accommodated.
- Admission prices are accurate at the time of printing but subject to change by the venue.
- Limited seats available and will be allocated on a first to book basis.
- Limited to one trip per month. 24-hour cancellation and terms and conditions apply.
- Bookings accepted by phone only.

Bookings/enquiries phone: 8571 5574

Departure/Return: Noble Park Aquatic Centre, 9 Memorial Drive, Noble Park

Caldermeade Farm Morning Melodies and lunch

Caldermeade Farm presents morning melodies with Joe Piastrino - Legend of Rock. A seniors lunch is available on the day.

Tuesday 6 August

Depart/Return: 9.30am-2pm

Transport cost: \$9.70 (inc GST)

Admission: Free

Lunch: Meals start at \$20, no BYO option



Queen Victoria Market

Discover fresh and specialty produce, handmade and unique products, great food and coffee.

Thursday 8 August

Depart/Return: 9am-2pm

Transport cost: \$9.70 (inc GST)

Admission: Free

Lunch: Purchase at café or BYO

Artvo

Experience the art museum in a new way, take the opportunity to not only touch the art but be the art by simply striking a pose in front of the camera.

Wednesday 14 August

Depart/Return: 9am-1pm

Transport cost: \$9.70 (inc GST)

Admission: Adult \$30 Seniors \$25

Lunch: Purchase at café or BYO



Noojee Hotel Lunch

Serenely situated on the banks of the Latrobe River in the small scenic town of Noojee.

Friday 16 August

Depart/Return: 10am-2.30pm

Transport cost: \$9.70 (inc GST)

Admission: Free

Lunch: Meals start at \$25 No BYO option



Seniors Day Trips

Waterfall Gully Cafe Lunch

Located in Rosebud, Waterfall Gully Cafe and Nursery has fabulous food, great staff and a variety of plants and nursery item for sale.

Wednesday 21 August

Depart/Return: 10.30am-2pm
Transport cost: \$9.70 (inc GST)
Admission: Free
Lunch: Meals start from \$20



Ambulance Museum

Come and view over 3,000 items from vehicles, old medical equipment, uniforms, posters and documents from the past. Guided 1.5hr tour and morning tea included.

Friday 23 August

Depart/Return: 10am-1pm
Transport cost: \$9.70 (inc GST)
Admission: \$10
Lunch: Morning tea only for this event

Melbourne Skydeck

The Southern Hemisphere's highest viewing attraction, the City of Melbourne comes alive at nearly 300 metres above.

Tuesday 27 August

Depart/Return: 11am-3pm
Transport cost: \$9.70 (inc GST)
Admission: Adult \$34 Concession \$28
Lunch: Purchase at cafe or BYO



Rose Cottage Lunch

Enjoy a set two-course menu in a homely cottage setting in Monbulk.

Friday 30 August

Depart/Return: 11am-3pm
Transport: \$9.70 (inc GST)
Admission: Free
Lunch: \$24 set two course lunch menu

Caldermeade Farm Morning Melodies and lunch

Caldermeade Farm presents The Real Paul Hogan. A senior's menu is available on the day.

Tuesday 3 September

Depart/Return: 9.30am-2pm
Transport: \$9.70 (inc GST)
Admission: Free
Lunch: Meals start at \$20, no BYO option





Seniors Day Trips



Moonlit Sanctuary

Explore the enchanting bushland of Moonlit Sanctuary while engaging with over 70 captivating Australian species, including endangered animals.

Thursday 5 September

Depart/Return: 9am-2pm

Transport cost: \$14.60 (inc GST)

Admission: Adult \$32 Concession \$29

Lunch: Purchase at cafe or BYO

Coombe Yarra Valley

Once the home of Dame Nellie Melba, Coombe Yarra Valley is situated amongst seven acres of stunning gardens. One hour Garden tour includes Devonshire Tea. ***No entry to the house***

Wednesday 11 September

Depart/Return: 9am-3pm

Transport: \$22 (inc GST)

Admission: Adult \$30 - includes Devonshire Tea

Lunch: Purchase at café or BYO



Duneira House and Garden Tour

Spread across 38 acres, Duneira offers visitors a unique insight into the lives and ambitions of the wealthy during colonial times in Australia.

Tuesday 17 September

Depart/Return: 9am-3pm

Transport: \$22 (inc GST)

Admission: \$40 includes tours and morning tea

Lunch: Purchase at café or BYO

Black Rock House Tour

Join us for a morning tea and guided tour of the house and gardens of this intriguing historic Victorian-era home with its castle-style fortress walls, Black Rock House.

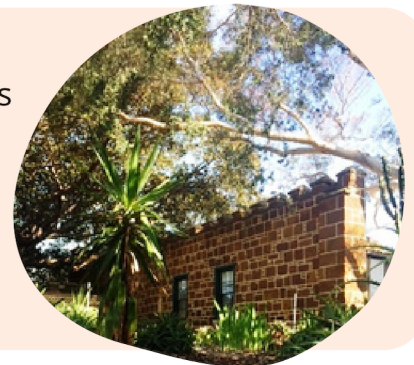
Wednesday 25 September

Depart/Return: 9.15am-12.30pm

Transport: \$9.70 (inc GST)

Admission: \$15 includes tour and morning tea

Lunch: Morning tea only event.



Alwyn Gardens and Yarra Valley Chocolatier lunch

Beautiful seven acre display garden in Yarra Valley. Extensive plant nursery with interesting and unusual plants. We will be stopping at the Chocolaterie to purchase lunch or a snack.

Monday 30 September

Depart/Return: 9am-3pm

Transport: \$22 (inc GST)

Admission: Adult: \$15 Concession \$12.50

Lunch: Purchase at cafe or BYO



Shopping Centre Trips

Moorabbin DFO	Friday 2 August	Monday 19 August
Fountain Gate	Tuesday 13 August	Thursday 29 August
Southland	Friday 6 September	Thursday 19 September
Knox City	Monday 9 September	Tuesday 24 September

Numbers for the shopping centre trips are limited. The community bus picks you up from home between 9am and 10am and takes you to the shopping centre. You will have two hours at the destination before returning home.

The fee is \$7.30 per round trip.

Please contact the Positive Ageing team on 8571 5556 for more details.

Community Education

Personal Safety

With over 35 years' experience, the current President of the Neighbourhood Watch Greater Dandenong branch, Dawn, will share her extensive knowledge and personal safety tips with us. Personal Alarms can be purchased after the event for \$14 each and anti-theft car number plates screws for \$3 per car. Please note you will need to know the make and model of your car to purchase the correct anti-theft screws.

Monday 5 August

10am-11am

Cooinda Centre

587 Springvale Rd, Springvale

Free morning tea. Bookings essential 8571 5574.

Downsizing

Julia Dyer from Downsizing Connections Group has over 56 live downsizing masterclass events under her belt and is familiar with the concerns of those looking to downsize. One of the most common reasons that people do not downsize and free up their life, is because they are attached to their things, and simply cannot let go. Come along to this free information session and leave feeling inspired to take action and be more positive about your next move.

Monday 9 September

10am-11am

Cooinda Centre

587 Springvale Rd, Springvale


Free morning tea. Bookings essential 8571 5574

Collect from Customer Service Centres located at:

**Dandenong Civic Centre
Parkmore Shopping Centre
Springvale Community Hub
Dandenong Oasis
Noble Park Aquatic Centre**

**Please contact the Positive Ageing team on 8571 5556 or
email positiveageing@cgd.vic.gov.au for more details.**

**Subscribe to receive electronically:
greaterdandenong.vic.gov.au/living-well-greater-dandenong**

 (03) 8571 1000

 council@cgd.vic.gov.au

 greaterdandenong.vic.gov.au



TTY: 133 677

Speak and listen: 1300 555 727
Online: relayservice.gov.au



TIS: 13 14 50



Acknowledging
Bunurong Country

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