

Positive Ageing Together Newsletter



June / July 2021

Lifestyle Capital of Victoria

Welcome to the third edition of the Positive Ageing Together Newsletter for 2021

You may notice the Positive Ageing Newsletter is a bit larger this edition. We are excited to announce that the newsletter has grown to 12 pages, that's four more pages of local events, activities and information we can share with the community!

As we reach the middle of 2021 it is exciting to see some amazing face-to-face events start to return to Frankston. The Frankston Libraries are holding a series of sessions about choosing technological devices and how to start using them, you can find out more on pages 2-4.

Since the COVID restrictions and levels of uncertainty started early last year, many adult children have returned home to stay with their older parents. It may be great to have your family around you more often, however it may also bring up some potential issues. See page 4 for the *Living with Adult Children Forum*.

If you have any ideas you would like to submit or have events and activities you would like to promote throughout this year. Please contact the Positive Ageing Team by emailing PositiveAgeing@Frankston.vic.gov.au or call 9784 1046 between Tuesday—Thursday.

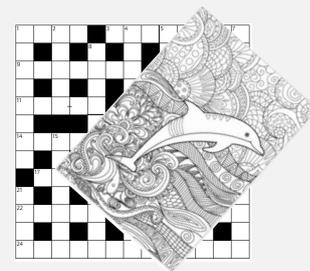
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Puzzles and colouring

Joy of the Earth Community Garden

Find out about joy in the garden. Have you ever wondered what goes on in a Community Garden? Gardening is for all ages and you are welcome to visit the friendly garden in action.

When: Sunday 6 June, Saturday 19 June, Sunday 4 July & Saturday 17 July

Time: 9am – 1pm

Where: Joy of the Earth Community Garden, 15 Joy Street, Frankston

Cost: Free and includes morning tea

Enquires: for more information, please contact 0409 964 991

Downloading and Using Apps Safely

There are so many wonderful Apps that help us in our day to day lives. In this session you will review some of the popular apps so you can also take advantage of what they have to offer. In this session you will learn how to; search for Apps in the App Store, purchase and download apps safely and create folders to manage your apps on your phone or tablet.

When: Monday 7 June 10am – 11.30am (iPhone & iPad devices)

Monday 21 June 10.30am – 12pm (Samsung phones and tablets)

Where: Frankston Library, 60 Playne Street, Frankston

Cost: Free bookings required

Bookings: To book, please call 9784 1020 or visit library.frankston.vic.gov.au/Whats_On

FrankTalk with Amanda Hampson *in-person*

Come along to Frankston Library and hear from author Amanda Hampson about her novel 'Lovebirds'. 'Warm, witty and wise, *Lovebirds* is an astute and uplifting novel about the power of love and family. I love that older women are so beautifully portrayed in novels now, and Amanda Hampson leads the way.' Better Reading.

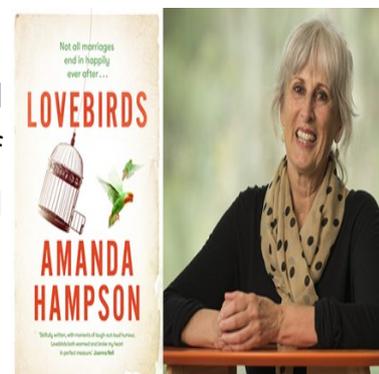
When: Monday 7 June 1pm – 2pm

Where: Frankston Library, 60 Playne Street, Frankston

Cost: Free bookings required

Bookings: To book, please call 9784 1020 or visit

library.frankston.vic.gov.au/Whats_On/Amanda_Hampson



One on One Tech Sessions

Spend 30 minutes with one of the library tech team looking at your phone, tablet, iPad or laptop. The team can help with settings, downloading eBooks and eAudiobooks, online forms, emails, photos, Apps, Social Media, Websites, Wifi and more.

When: Thursday 10 June, book in for 30 minute sessions between 10am – 12pm

Where: Frankston Library, 60 Playne Street, Frankston

Cost: Free bookings required

Bookings: To book, please call 9784 1020 or visit [library.frankston.vic.gov.au/Whats On/One on one tech sessions](https://library.frankston.vic.gov.au/Whats_On/One_on_one_tech_sessions)

Choosing the Right Device to Stay in Touch

In this session you will learn about the different devices, how to determine which is right for you and things to consider when purchasing technology.

When: Friday 18 June 10.30am – 12pm

Where: Seaford Library, 1/6R Broughton Street, Seaford

Cost: Free bookings essential

Bookings: To book, please call 9784 1020 or visit [library.frankston.vic.gov.au/Whats On/Choosing the Right Device](https://library.frankston.vic.gov.au/Whats_On/Choosing_the_Right_Device)



LGBTIQ+ Elders Dance Club Melbourne

Rainbow elders and allies (of all ages) are invited to this fabulous free monthly dance event that celebrates intergenerational inclusivity! Special guest performers announced soon!

When: Sunday 20 June & Sunday 18 July 2pm – 4pm

Where: Fitzroy Town Hall, 201 Napier Street, Fitzroy

Cost: FREE no bookings required

Enquiries: Please visit www.allthequeensmen.net/projects/lgbti-elders-dance-club

Probus Club of Frankston

The Probus Club of Frankston meet on the first Friday of the month at the RSL Bowls Pavilion at 10.00am. They have guest speakers, regular activities and outings. New members are always welcome. For more information please contact Mary on 0418 568 234 or Clyde on 0422 001 416.

Living with Adult Children Forum - has your child returned to live with you?

It is becoming more common for adult children to return home to live with their parents. Living as an extended family can be a joyful experience, however there is the potential that the new living arrangements can become difficult for the older person.

This Forum will provide you with practical tips on how to communicate your expectations with your son/daughter, learn how to establish healthy boundaries, the importance of protecting your independence and options of what to do if things go wrong.



Online Session

When: Monday 21 June 10am – 11.30am

Where: Online via Zoom Platform, link to be emailed upon registration

Cost: Free bookings required

Bookings: RSVP before 14 June by email Giselle.Dupon@Frankston.vic.gov.au
or phone 9784 1895

Face to Face Session

When: Tuesday 22 June 10am – 12pm

Where: Karingal PLACE Neighbourhood Centre, 103 Ashleigh Avenue, Frankston

Cost: Free bookings required limited places

Bookings: RSVP before 16 June by email Giselle.Dupon@Frankston.vic.gov.au
or phone 9784 1895

Healthy Living Apps with Stay In Touch

Health Living Apps are tools that can help us make informed decisions about our health and help us achieve a healthier lifestyle. In this session you will learn some of the more popular healthy living apps and how to set up some of these Apps.

When: Thursday 24 June 10.30am - 12pm

Where: Carrum Downs Library, 203 Lyrebird Drive, Carrum Downs

Cost: Free bookings required

Bookings: To book, please call 9784 1020 or visit [library.frankston.vic.gov.au/Whats On/Healthy Living Apps](http://library.frankston.vic.gov.au/Whats%20On/Healthy%20Living%20Apps)

Walking Basketball

Frankston Basketball will once again be running a free Walking Basketball Program in partnership with Basketball Victoria. Coaches will be facilitating and running the program, the plan is to be on court for about 30-45 minutes and then to sit down with the group for some tea/coffee and snacks to socialise as a group. If you're not familiar with the concept of Walking Basketball but would like to learn more about the program before registering please visit www.basketballvictoria.com.au/walking-basketball



When: Starts Thursday 12 August 11am and runs for 6 weeks

Where: Frankston Basketball Stadium, 90 Bardia Avenue Seaford 3198

Cost: Free

Bookings: To register call Jarryd 0400 066 942 or visit www.fdba.com.au/2021/04/12/walking-basketball

Yes, U3A Frankston is back – bigger than ever

We are all relieved that 2020 is over and after a rocky start to 2021 we can honestly say that U3A Frankston is back. On April 19 we returned to near normality for our classes at Karingal Place.

Classes had been severely restricted but are now almost back to our usual timetable.

We have introduced some new classes as well as continuing our tried and true, and these are very well supported by our wonderful members. Do you fancy playing Mah Jong, Canasta or 500? Are you a frustrated poet, writer, linguist or painter in waiting? Try your general knowledge in Big Ideas or Current Affairs or are you interested in Criminology, Philosophy or Murder Mystery and Mayhem? Perhaps you have a yen to sing or learn more about music or play a musical instrument? Are your computer skills ready for an upgrade or update? Maybe you just want to be more sociable – say golf or the cinema or a coffee get together?

We have tried to provide something for everyone, but we are always open to ideas and to new tutors and volunteers. We would love to welcome you to our family so why not ring us on 9770 1042 or email on office@u3af.org.au and have a chat.

I look forward to welcoming you.

Andrea McCall—President

Battle of the Arms at City of Frankston Bowling Club

The thirteenth playing of a unique bowling event took place recently at the City of Frankston Bowling Club, the 'Battle of the Arms' tournament. This event is different from all other lawn bowling tournament in that it is exclusively for bowlers who need a 'bowling device' which allows them to play, when otherwise, due to health issues they wouldn't be able to continue in the sport.



In 2007, the then president of the City of Frankston Bowling Club, Alby Ashley came up with the concept of holding a tournament for lawn bowlers who use a bowling device.

The initial tournament attracted some 60 bowlers from across the Peninsula and beyond. From this event, the concept of having tournaments for these 'arm' bowlers snowballed into a National State challenge and State Championships. In 2018 the Frankston tournament attracted 150 competitors, believed to be the largest gathering of 'Arm Bowlers' ever recorded at a single tournament, probably anywhere in the world.



The bowling community consists of a large numbers of senior Australians and as they mature their bodies and muscles became less supple, which makes it harder for them to bowl in the normal way, as they lose the flexibility to deliver the bowl. This is where the 'Bowling Device' comes to the fore, allowing bowlers who otherwise could no longer bowl continue for many more years.

In 2018 there were in excess of 8000 registered Arm Bowlers in Victoria, with the vast majority seniors, all enjoying their bowls long after their previous generation would have been forced off the green, thanks to a simple, hand held device.

At age 83 Alby Ashley who has represented the State, is still a very competitive lawn bowler and is capable of beating all comers, even those without a bowling device. In fact it is said that those that use an 'arm' have an distinct advantage over able body bowlers, which is still a muted point and will be well into the future.

Anyone interested in getting involved in playing lawn bowls please visit the City of Frankston Bowling Club website, www.frankston.bowls.com.au and make a time to visit the leading Club on the Peninsula.

Good news!

We have opened up a new section of the Positive Ageing Together Newsletter filled with good news from you, the reader! The idea came from the Age Friendly Frankston Ambassadors and aims to celebrate good news, big and small, which happens in our lives in and around Frankston. The first submission is from one of our very own Age Friendly Frankston Ambassadors.

“As a frequent user of the **Frankston Art Centre Box Office** I find that I have on occasion a number of tickets to manage at home potentially missing events. I highlighted this dilemma to the staff who suggested and provided envelopes with the details of my purchases. This is a service they instinctively provided to me now and enhance what has always been an excellent experience. It is good to see young people having pride whilst providing great customer service always with a smile and a kind word. Thank you.”

Brian Donnelly - Positive Ageing Ambassador

If you would like to submit a good news story in an upcoming edition of the Positive Ageing Together Newsletter. Please contact Positive.Ageing@Frankston.vic.gov.au or call 9784 1046. We can't wait to hear all your good news!

Knits for Kids update

Nearly 200 Red Cross Trauma Teddies delivered to Frankston Hospital!

“On behalf of Peninsula Health and the Frankston Emergency Department, we would like to send a special thank you to your knitters for their donation of trauma teddies. Such a thoughtful and handmade gift from members of the local community is very uplifting. They are a wonderful enhancement to our service, providing additional support and much comfort and joy for our younger patients. We really appreciate the time and care taken for their creations” (Helen Wilson, Volunteer Program Manager, Peninsula Health).

Photo – Helen Sutton, Frankston Red Cross Trauma Teddies Co-ordinator; Giselle Dupon, Positive Ageing Officer; Mike Miller, Fundraising at Peninsula Health & Nyree Parker, Emergency Management



Nominations for the 2021 Victorian of the Year Awards are now open

The Victorian Senior of the Year Awards are presented annually each October as part of the Victorian Seniors Festival. These significant awards recognise the volunteer work and contributions to community life by older Victorians.

Nominations are sought each year from the broader community and we encourage you to nominate an older Victorian worthy of recognition – for example an Elder in your community, a member of a club you attend, a volunteer in your organisation. The Victorian Senior of the Year Awards are our chance to say thanks - to the many senior Victorians, who have given and shared their skills, experience, time, and energy with our state. By nominating a deserving person, you can help make sure the outstanding contributions of our seniors are recognised.

Find out more information and download a nomination form at
www.seniorsonline.vic.gov.au/awards

If you would prefer to have a 2021 nomination form mailed to you, please contact the Victorian Seniors Card Operations Team on 1300 797 210.

Nominations close on Friday 9 July 2021

Come and Try Croquet

Learn a new skill in the friendly and welcoming atmosphere of the Frankston Croquet Club. Croquet is an enjoyable and strategic game and we all have a lot of fun trying to get that ball through the hoop! We play on Tuesday, Thursday and Saturday, 10.00am - 3.00pm and our lawns are located at the corner of Nolan and Spring Streets. If you are interested in learning to play this exciting game please contact the Club Secretary, Fay O'Toole, on ph. 9783 7340 during club hours.

Community Recovery Call Centre

Frankston City Council continue to offer the call centre/referral service centre to help impacted community members navigate and connect with the services and resources they need during these times of COVID-19. Information available on services may include food relief, legal information and/or elder abuse, mental health or support can be provided to link you into a much needed service.

If you need help finding the right support please phone Frankston City Council, Community Recovery Call Centre on **9768 1387**. Operating hours are Monday to Friday 8:30am till 5pm.

Frankston Biodiversity with iNaturalist

Ever wanted to be a biologist? Are you a keen naturalist? iNaturalist is a global online community network, where anyone can join to record and share their observations of plants and wildlife, while also contributing to citizen science.

Observations can be made in your own backyard, in your local bushland reserves or even on your way to the shops. Photos and audio clips are uploaded and shared between members, identified and verified by other experts and data can be contributed to the Atlas of Living Australia — Australia's largest repository of data on animals, plants, fungi and microorganisms.

Council's Biodiversity Officers and Rangers have started their own iNaturalist community project for residents to share their observations and exchange knowledge of biodiversity within Frankston City.

Download the iNaturalist app and join the Frankston City Council Biodiversity Project, get out into nature and start observing! Or go to the website www.inaturalist.org/projects/frankston-city-council-biodiversity

Gardens for Wildlife Garden Visits

Gardens for Wildlife is a free program (open to residents of Frankston City Council) to encourage wildlife friendly and environmentally sustainable gardening practices within Frankston City.

The Gardens for Wildlife program will assist you to create a wildlife-friendly habitat in your garden by providing you with simple, practical advice for an environment-friendly garden. The program is provided by Frankston City Council supported by our wonderful garden guide volunteers.

There is a limited number of properties that can be visited however they hope to be able to cater for more properties as we grow our team of garden guides.

If you would like to be placed on the **waiting list** please email PandE.events@frankston.vic.gov.au with your contact number and they will be in touch if a visit becomes available.

The Garden Guides who visit your gardens are made up of a team of volunteers who have a passion for conservation of our Indigenous plants and animals.

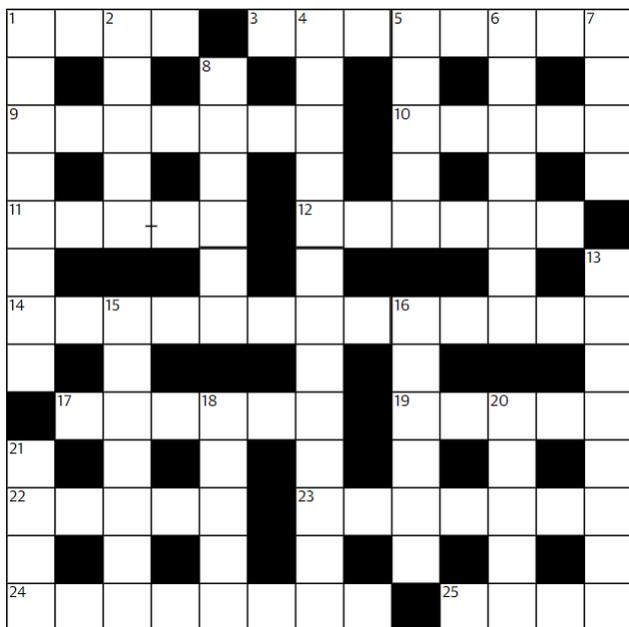
If you are interested in becoming a volunteer you can register your interest at PandE.events@frankston.vic.gov.au

For more information, please visit [www.frankston.vic.gov.au/Environment and Waste/Environment/Get Involved/Gardens for Wildlife](http://www.frankston.vic.gov.au/Environment%20and%20Waste/Environment/Get%20Involved/Gardens%20for%20Wildlife)





Crossword – courtesy of thetheguardian.com (No. 15 910)



Across

- 1 One much concerned with his appearance (informal) (4)
- 3 Miniature hourglass, used in the kitchen (3,5)
- 9 Small medicated sweet (7)
- 10 Nettled (5)
- 11 Bowler's approach (3-2)
- 12 Middle Eastern country invaded by Iraq in 1990, leading to the Gulf War (6)
- 14 Bank notes with no real existence or worth (8,5)
- 17 Sharp pain in the side (6)
- 19 Relating to the centre (5)
- 22 Pull suddenly (5)
- 23 Kingdom lying between France and the Netherlands (7)
- 24 Number each leaf in a publication (8)
- 25 Bring off mother's milk (4)

Down

- 1 State of stagnation (8)
- 2 12 (5)
- 4 Alpha to omega (5,8)
- 5 Pitch (5)
- 6 One, plus six noughts (7)
- 7 Uncivil (4)
- 8 Buy cheaply (4,2)
- 13 Plant of the primrose family with upswept petals and patterned leaves (8)
- 15 Zero (7)
- 16 Deaden (6)
- 18 Symbol (5)
- 20 Legal offence (5)
- 21 Vessel (4)

Sudoku

Fill in the numbers 1 to 9 exactly once in every row, every column and in every 3 x 3 grid.

Sudoku #1 – easy

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 8 | 1 | 6 | | | | | 9 |
| 4 | | 7 | | 9 | | 6 | 8 | |
| 6 | 9 | | | | | 2 | | |
| | | 2 | 9 | | 7 | | 4 | |
| | 1 | 9 | | | | 7 | 6 | |
| | 4 | | 3 | | 1 | 9 | | |
| | | 8 | | | | | 1 | 4 |
| | | 4 | | 2 | | 3 | | 7 |
| 3 | | | | | 9 | 8 | 2 | |

Sudoku #2 – intermediate

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | | | 9 | |
| | | 4 | 8 | | 2 | | | |
| | 5 | 6 | | | | | 7 | 2 |
| | | 1 | | | 7 | 8 | | 5 |
| | | | | | | | | |
| 7 | | 3 | 4 | | | | 1 | |
| 5 | 6 | | | | | | 7 | 3 |
| | | | | 3 | | 5 | 2 | |
| | 3 | | | | | | | |

Answers

| | | | | | | | | | | | | | | | | | | |
|----|---|----|----|---|---|----|---|----|---|----|----|---|---|----|---|---|----|---|
| 1 | D | U | 2 | D | E | 3 | E | 4 | G | G | 5 | T | I | 6 | M | E | 7 | R |
| | O | | O | | 8 | S | | R | | | H | | I | | | | U | |
| 9 | L | O | Z | E | N | G | E | | | | 10 | R | I | L | E | D | | |
| | D | | E | | A | | E | | | | O | | L | | | E | | |
| 11 | R | U | N | U | P | | | 12 | K | U | W | A | I | T | | | | |
| | U | | | | U | | | A | | | | | | | O | | 13 | C |
| 14 | M | O | 15 | N | O | P | O | L | Y | 16 | M | O | N | E | Y | | | |
| | S | | O | | | | | P | | | U | | | | | | | C |
| | | 17 | S | T | I | 18 | T | C | H | | 19 | F | O | 20 | C | A | L | |
| 21 | S | | H | | O | | | A | | | F | | R | | | | A | |
| 22 | H | O | I | C | K | | | 23 | B | E | L | G | I | U | M | | | |
| | I | | N | | E | | | E | | E | | M | | | | | | |
| 24 | P | A | G | I | N | A | T | E | | 25 | W | E | A | N | | | | |



Sudoku #1 – easy

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 8 | 1 | 6 | 7 | 5 | 4 | 3 | 9 |
| 4 | 5 | 7 | 2 | 9 | 3 | 6 | 8 | 1 |
| 6 | 9 | 3 | 8 | 1 | 4 | 2 | 7 | 5 |
| 5 | 3 | 2 | 9 | 6 | 7 | 1 | 4 | 8 |
| 8 | 1 | 9 | 4 | 5 | 2 | 7 | 6 | 3 |
| 7 | 4 | 6 | 3 | 8 | 1 | 9 | 5 | 2 |
| 9 | 2 | 8 | 7 | 3 | 6 | 5 | 1 | 4 |
| 1 | 6 | 4 | 5 | 2 | 8 | 3 | 9 | 7 |
| 3 | 7 | 5 | 1 | 4 | 9 | 8 | 2 | 6 |

Sudoku #2 – intermediate

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 1 | 2 | 5 | 7 | 4 | 6 | 9 | 8 |
| 9 | 7 | 4 | 8 | 6 | 2 | 5 | 1 | 3 |
| 8 | 5 | 6 | 9 | 1 | 3 | 4 | 7 | 2 |
| 4 | 9 | 1 | 6 | 3 | 7 | 8 | 2 | 5 |
| 6 | 8 | 5 | 1 | 2 | 9 | 3 | 4 | 7 |
| 7 | 2 | 3 | 4 | 5 | 8 | 1 | 6 | 9 |
| 5 | 6 | 9 | 2 | 8 | 1 | 7 | 3 | 4 |
| 1 | 4 | 7 | 3 | 9 | 5 | 2 | 8 | 6 |
| 2 | 3 | 8 | 7 | 4 | 6 | 9 | 5 | 1 |

Contact us

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