

Positive Ageing Together Newsletter



October / November 2021

Lifestyle Capital of Victoria

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

The (Alternative) Frankston Seniors Festival 2021 is here! Due to current restrictions we are unable to run our annual seniors festival as normal. We have put together some events and activities for you to enjoy; downsize, dance and cook in a online workshop (not at the same time!) or have a free coffee on us. Find out more on pages 2, 3 & 4.

The state government is holding their online Seniors Festival Reimagined again this year. Learn all about their videos and radio plays that you can attend from home on page 4.

If you or someone you know needs some more support through this time, Council's Community Recovery Centre refers community members to services and resources that may help during COVID-19, read more on page 8.

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.

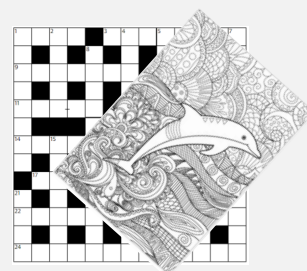
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Seniors Festival***

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Activities!

(Alternative) 2021 Seniors Festival

We had planned a fantastic live 2021 Frankston Seniors Festival, yet COVID-19 has thwarted our plans so instead we've come up with a few events that we hope bring you some joy. We look forward to bringing you a vibrant, in person festival in 2022.



It's our shout! Free Frankston Seniors Festival Coffee

To celebrate Frankston Seniors Festival and to recognise the valuable role seniors play in our community, the Positive Ageing Team are 'shouting' coffees from **Monday 18th through to Friday 22nd October!**

Pop into one of our five favourite cafes and simply mention **Frankston Seniors Festival** for a free coffee in any style you want! This is a chance to meet up with a friend, take a stroll, and enjoy each other's company as well as great coffee.

There will be **30 free coffees available per day per cafe**, it's 'first in, best dressed'. So if you miss out on the first day, try again another day.

Participating Cafes

38 South Bar Cafe

131 Nepean Hwy, Seaford

Frankie's Coffee + Eats

Shop 5, 335 Ballarto Rd, Carrum Downs

Little Olly's Caravan Café

Oliver's Hill boat ramp carpark

Two Boys One Beagle and a Coffee Shop

59 Kareela Rd, Frankston (Karingal)

Ducky Brown Gateway

Shop 35-36, 230 Cranbourne - Frankston Rd,
Langwarrin

Terms & Conditions

- A free coffee is a medium size standard hot beverage. Why not ask for a tea or hot chocolate instead?
- Coffees are limited to one free medium coffee per person.

The Positive Ageing Team would sincerely like to thank the cafes for supporting the 2021 Frankston Seniors Festival.

Tango Dance Workshops at Home (Online)

Always wanted to learn to Tango? Join us from the comfort of home for an introduction to Tango workshop presented online by Rina & Nadim of Tango Esencia Studios. The class will mainly focus on an introduction to Tango, a short sequence that you can practice at home with a family member. However, we are mindful that there may not necessarily be a partner to dance with at home during this time, so we will include exercises and steps that a single dancer can practice and enjoy at home too.

When: Monday 4 October 6.30pm - 7.25pm

Monday 11 October 6.30pm - 7.25pm

Cost: Pay what you can afford!

\$0 – Freebie Please

\$14 – Let's dance (solo), two classes

\$20 – Get the Tango party started (household), two classes

\$40 – Household of Tango + BONUS virtual hug from the Frankston Arts Centre



Bookings: to book, please visit

artscentre.frankston.vic.gov.au/Whats-On/Events-directory

Online Downsizing Information Session

If you are looking to downsize in the near future and you are feeling completely overwhelmed, you are not alone. We understand you have a big job ahead and it may feel incredibly daunting. Your situation may be imminent, or you may be in no immediate hurry, just looking to plan for your future.

Join Julia Dyer, from the Downsizing Connections Group for a for free, independent online session. Julia will also share her effective 5-step decluttering plan to help relieve the stress of decluttering. After this session, you will feel more confident and in control of your next move.

When: Tuesday 5 October 1:30pm - 3.00pm

Cost: Free – Bookings essential

Bookings: To register, contact Julia Dyer on 0404 293 485 or

visit www.downsizingconnections.com.au/events

If you are unable to attend this session, call to request your Downsizing In Home Connections Starter Pack.

One for you and one for the freezer

Join Chef Tim for a fun interactive online cooking session where you will learn how to prepare a healthy, tasty meal. Tim will guide you through a recipe with stories and tips on how to get the most from your produce. With a little bit of planning, the freezer can be your takeaway place for those days you want an affordable, quick healthy meal without cooking.

When: Monday 18 October 10am - 11.30am

Cost: Free – Bookings essential

Bookings: To register your interest, please email positiveageing@frankston.vic.gov.au or call 0488 500 191 on Tuesday to Thursday.

The Victorian Seniors Festival Reimagined is back!

The Victorian State Government's 2021 Festival Reimagined is presenting a diverse and rich mix of programming for our online and radio audience with new performances being added every month from now until October.

Featuring programs from a range of cultures in our diverse society, bringing cultural leaders and emerging artists together in conversation, and meeting artists and cultural practitioners in their studios and workplace – the 2021 Festival Reimagined will surprise and delight you.



Their popular Radio Plays series has grown to encompass three wonderful contemporary works, a new production of an Australian classic, and a dialogues and monologues two-episode series presented by U3A Melbourne City.

They have an 18-episode series with Golden Days Radio presenter Peter Thomas interviewing the Commissioner for Senior Victorians, Gerard Mansour on ageing well and other topics of interest to older Victorians.

And for the audience of ageing rockers - Radio 88fm's Ian Braybrook presents a four-episode documentary series on Australian music icons across a range of genres.

The performances can be found at www.seniorsonline.vic.gov.au/festival

Out, About & Connected

Switchboard Victoria's Out & About program, in partnership with Thorne Harbour Health are hosting this free event with the aim to uplift and connect Lesbian/Bi+, Trans and Non-Binary people over 50 with each other, and with services that will support and affirm their individual, unique journeys through older age.



What to expect:

- A panel Discussion around health ageing; staying well and connected beyond COVID
- Short films, thanks to MQFF
- Information, and representatives from inclusive local service providers

When: Saturday 9 October 2pm – 4pm

Where: Online

Cost: Free – Bookings essential

Enquiries: for more information please email ooaevents@switchboard.org.au

Bookings: Please visit www.switchboard.org.au/events/out-about-and-connected

The Joy of Gardening

Joy of the Earth Community Garden is situated in Joy St. Frankston and, although closed during lockdown, looks forward to welcoming new gardeners and visitors once restrictions are eased. Please watch this space for when our friendly Garden re-opens and activities can re-commence. Enquiries: joyoftheearth@gmail.com

U3A Frankston keeps learning for pleasure

Discover why U3A Frankston is so popular! With no qualifications required other than being retired or semi-retired, this is a brilliant place to meet like-minded people. With over 700 members and 60 courses on a wide range of topics, there will be something for everyone at U3A Frankston.



U3A Frankston has continued to have online Zoom classes throughout the restrictions and are eagerly to meet face to face again at Karingal Place community Centre when restrictions begin to ease.

Find out more at their website www.u3af.org.au if you're interested in joining in the Online Zoom classes or joining in when they can meet in person you can email office@u3af.org.au

Fortnightly shopping and library trips on the Council bus

Frankston City Council provides fortnightly bus trips to the Karingal Hub and Frankston Shopping centres, as well as to the Frankston Library. The Council bus collects residents from their homes, leaving them to undertake their shopping/tasks, and then delivers them back home again. The bus is for residents who do not drive and have difficulty using public transport. The cost of the bus service is only a gold coin donation given to the bus driver. For more information and to find out if you are eligible to use Council's bus for regular shopping or library trips, please call 9784 1933 and speak to the Council's Intake Officers.

Write your memories – Online workshop

Join author, Andrea Rowe, for an online, two-part workshop providing helpful guidance and inspiring examples to write your personal memories and stories. Reflecting on your life experiences and recording milestones and memories can be rewarding in so many ways. It keeps your mind engaged and active, helps you to organise meaningful moments and creates a bond between people.

When: Tuesday 12 October 10am – 12pm

Tuesday 27 October 10am – 12pm

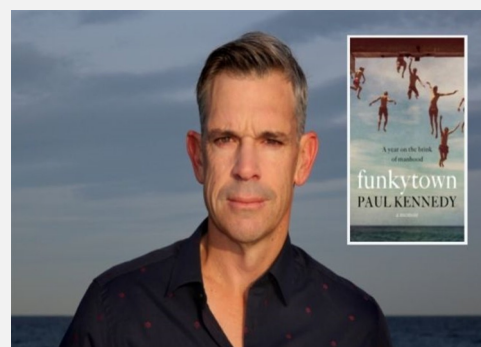
Where: Online via Zoom

Cost: Free – Bookings essential

Bookings: To book, please visit [Library.Frankston.vic.gov.au](https://library.frankston.vic.gov.au) or call 9784 1020

FrankTALK with Paul Kennedy

From acclaimed ABC journalist and author Paul Kennedy comes *Funkytown*, an evocative coming-of-age memoir told over the course of one extraordinary year in the Australian suburbs. It is 1993: a serial killer is loose on the streets of Frankston, Victoria. The community is paralysed by fear, and a state's police force and national media come to find a killer. Meanwhile, seventeen-year-old Paul Kennedy is searching for something else entirely. He is focused on finishing school, getting drafted into the AFL and falling in love. So much can change in a year.



When: Wednesday 13 October 5.30 pm

Where: Online via Zoom

Cost: Free – Bookings essential

Bookings: To book, please visit [Library.Frankston.vic.gov.au](https://library.frankston.vic.gov.au) or call 9784 1020

Senior Australian support numbers and advocacy services

- **Frankston City Council's Community Recovery Call Centre** 03 9768 1387
- **Older Persons COVID-19 Support Line** - 1800 171 866
- **Australian Centre for Grief and Bereavement** - 1800 22 22 00
- **Older Persons Advocacy Network (OPAN)**
www.opan.com.au or 1800 700 600
- **My Aged Care Contact Centre** - 1800 200 422
- **My Aged Care people living with a disability**
www.myagedcare.gov.au/support-people-living-with-disability
- **My Aged Care carers of people with a disability**
www.myagedcare.gov.au/carers/caring-someone-disability
- **Disability Advocacy Finder**
www.DisabilityAdvocacyFinder.dss.gov.au/disability/ndap
- **Aged and Disability Advocacy Australia Resources**
www.adaaustralia.com.au/resources/aged-care-disability-resources
- **Ages and Disability Australia, being your own advocate**
www.adaaustralia.com.au/speak-up
- **The Disability Gateway – Locate and access resources**
www.disabilitygateway.gov.au or 1800 643 787
- **The Carer Gateway – Practical advice and support for carers**
www.carergateway.gov.au or 1800 422 737

A translation and interpreter service is available to access the above numbers. Senior Australians who require an interpreter can call **131 450**, select the language they speak and provide one of the COVID-19 support numbers to access the information in their own language.

Community Recovery Call Centre

Frankston City Council's Community Recovery Call Centre/referral service is here to help impacted community members navigate and connect with the services and resources they need during these COVID-19 times. The information needed on services may involve food relief, legal information and discussion on elder abuse to name a few.

If you need help finding the right support please phone Frankston City Council on 1300 322 322 and ask to be transferred to the Community Recovery Call Centre.

Opening hours are Monday – Friday 8.30am to 5.00pm.

COTA information line 1300 13 50 90

COTA's free telephone information services aim to make older people feel WISE – Welcome, Included, Supported and Empowered. Due to COVID-19, they're currently unable to offer face-to-face meetings. Instead, COTA have extended their Information Line hours until 4.00 pm every week day.

Do you need help finding information about:

- pensions and concessions
- public transport
- housing
- utilities
- banking
- or anything else



COTA's friendly Information Officers will speak to you over the phone, find the information you need and either email you, post information out to you or refer you on to the right organisation.

The COTA Information Line is staffed 9.30 am to 4.00 pm Monday to Friday. If you call outside these hours and leave a message, we will return your call.

You can also contact them by email at askcota@cotavic.org.au

Mini Frankston City needs you

Do you want to build a better Frankston City? Have your say on Frankston's future and influence Council decisions - join Mini Frankston City!

Mini Frankston City is our community of residents in the municipality who want to guide Council in how they look after our city, our people and our community by participating in our community engagement activities.

We need 500 Frankston residents to join us to share their ideas and feedback on future projects and initiatives – call us on 1300 322 322 visit engage.frankston.vic.gov.au

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 third submission is from a resident of Carrum Downs, Barbara.

The past year has been very tough, I haven't been able to see my family and not getting to see my grandchildren grow up.

Last year I didn't really know anyone on my street, I knew some of their names but the most interaction I ever got was a wave when they take out their bins!

When the restrictions started, all these lovely people started to check up on me to make sure I was ok, did I need any help? did I need any computer help? Could they pick up my groceries for me?

I'm lucky that I can still get around by myself so I didn't need their help but just the idea that this little street was looking out for each other, warmed my heart.

I now know most of their faces, I know about their lives and I know they are there if I need some help in the future.

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!

Friendline 1800 424 287

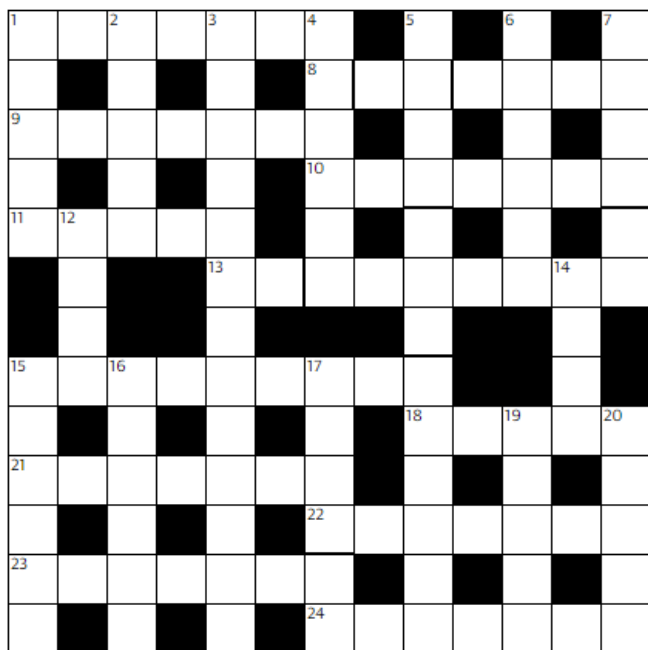
FriendLine is a national support service which is ready for you to call and have a conversation with one of their trained volunteers. All conversations with FriendLine are casual and anonymous, and their friendly volunteers are ready to talk about anything and everything.



You can call FriendLine on 1800 424 287 between 10am—8pm 7 days a week. You can also use their online chat service at www.Friendline.org.au



Crossword – courtesy of thetheguardian.com (No. 15 993)



Across

- 1 Protection from the sun? (7)
- 8 Fashionable (1,2,4)
- 9 (Of food) grown or raised naturally (7)
- 10 Violent stream (7)
- 11 Small fry (5)
- 13 Together – performing live (2,7)
- 15 Brahms and Liszt, say (9)
- 18 Tremble (5)
- 21 Attribute (7)
- 22 Eastern (anag) – resembling most closely (7)
- 23 Strong English accents (7)
- 24 Protective outer garment (7)

Down

- 1 Gambits (5)
- 2 Message understood! (5)
- 3 Holier-than-thou (13)
- 4 Derived from milk (6)
- 5 Honestly (4,3,6)
- 6 The Sailor Man? (6)
- 7 Shove off! (4,2)
- 12 Game played on horseback (4)
- 14 Music genre of the 1950s (4)
- 15 Cantankerous (6)
- 16 Very small metric unit of length (6)
- 17 Nevertheless (4,2)
- 19 Stadium (5)
- 20 Eulogise (5)

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

Sudoku #2 – intermediate

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

Answers

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



Sudoku #1 – easy

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

Sudoku #2 – intermediate

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

Contact us

Mail – Frankston City Council, Positive Ageing, 30 Davey Street, Frankston 3199

Email – PositiveAgeing@Frankston.vic.gov.au

Phone – 9784 1046