

FRANKSTON CITY COUNCIL SENIORS FESTIVAL 2023

2–31 October

Bookings open
10am Tuesday 19
September





Frankston City Council acknowledges the Bunurong people of the Kulin Nation as the Traditional Custodians of the lands and waters in and around Frankston City, and value and recognise local Aboriginal and Torres Strait Islander cultures, heritage and connection to land as a proud part of a shared identity for Frankston City.

Council pays respect to Elders past and present and recognises their importance in maintaining knowledge, traditions and culture in our community.

Council also respectfully acknowledges the Bunurong Land Council as the Registered Aboriginal Party responsible for managing the Aboriginal cultural heritage of the land and waters where Frankston City Council is situated.

Learn. Love. Live.



Welcome to the Frankston Seniors Festival 2023
— an opportunity to participate in local life, explore vibrant organisations and enjoy our diverse community!

Whether you're a long-time resident or a new face in town, this Festival provides the perfect opportunity to connect with others whilst enjoying an array of free and low cost events.

We acknowledge and are proud to collaborate with various community groups to bring you the Frankston Seniors Festival. These passionate organisations will host events that welcome you to explore new hobbies, discover hidden talents, and perhaps forge lifelong friendships.

So mark your calendars and get ready for the Frankston Seniors Festival 2023!

Bookings will open at 10am on Tuesday, 19th September and are essential unless otherwise specified.

The Victorian Seniors Festival is also running in October. Kicking off with Celebration Day at Federation Square on Sunday 1 October, from the 1-7pm. For more information about events on offer across the state, scan the QR code below or visit **seniorsonline.vic.gov.au/festival**



8 Days of free Public Transport

Sunday 1 October to Sunday 8 October 2023

Take advantage of free public transport with your Seniors myki and Victorian Seniors Card

How to travel during the free travel period

Touch on and off as usual, you won't be charged. The system is set to automatically recognise Seniors myki cards so you can travel for free across this time.

On regional services that don't use myki, just show your Victorian Seniors Card to the conductor or bus driver.

Where you can go

You'll be able to travel for free on all public transport in Victoria, including:

- Melbourne trains, trams and buses
- Regional trains, coaches and buses (including regional town bus services)

We recommend travelling during off-peak hours. You'll be more likely to find a seat.

Useful information for booking travel in regional Victoria

- You need to reserve a seat on long distance V/Line trains and some coaches. To book a seat on V/Line services requiring reservations, visit your nearest station or agent or call **1800 800 007** from 10am Tuesday 5 September.
- Seats can fill quickly so book early! You'll need to collect your tickets within 48 hours

- You can only travel free in economy class
- To make a group booking for up to 19 travelling on a V/Line train service or 12+ travelling on a V/Line coach service, visit your nearest station or agent
- For larger groups, please visit **[vline.com.au/grouptravel](https://www.vline.com.au/grouptravel)** to submit a group booking request from 10am Tuesday 5 September
- If you book and can't travel, let us know prior as your seats can be relocated to other customers wanting to travel



Thursday 28 September

Pre-festival event

Get Active Expo

Come and find out how you can GET ACTIVE in Frankston and the Mornington Peninsula. View demonstrations, try activities including the giant swing and archery. Learn about local activity groups as well as social groups in Frankston and the Mornington Peninsula. Enjoy free morning tea whilst socialising with others. The venue is suitable for people of all abilities.



Camp Manyung
35 Sunnyside Road, Mt Eliza



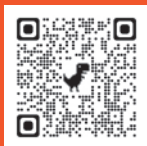
10am–1pm



Free



Scan the QR code or phone: 9788 1100



Event	Time	Cost	Page
Monday 2 October			
Seniors Festival Garden Wander Cruden Farm *Open Monday-Friday throughout the Festival	10am	\$5	16
Tuesday 3 October			
All you need to know about Data & Public Wi-Fi (Frankston Library)	9.45am	Free	16
Street Art Walking Tour	11am	Free	17
Kalinka Russian Singing Group	12pm	Free	17
PARC/Active Movers	12.10pm	Free	18
Walking Football (Soccer)	1pm	Free	18
Chatty Cafe	1.30pm	Free	19
Wednesday 4 October			
Tai Chi at PARC	8.30am	Free	19
Probus Club of Frankston Inc	10am	Free	20
Friendship Day at CWA Frankston	10am	Free/Gold coin	20
Walk with Care	10am	Free	21
Meals on Wheels Kitchen Tour	12pm	Free	21
Thursday 5 October			
Guided Walk in Sweetwater Creek Nature Reserve	9am	Free	22
Protect Yourself Against Scams	9am	Free	22
Crafty Connections	10am	Free	23
Cuppa, Chat & Board Games	10am	\$4	23

Event	Time	Cost	Page
Thursday 5 October (continued)			
Explore your Family History – Mornington Peninsula Historical Society	11am	Free	24
Walking Basketball	11am	Free	24
PARC Active Movers	12.10pm	Free	25
Masters Athletics	7pm	Free	25
Friday 6 October			
Planes and Automobiles (Day Trip)	9.15am	\$10	26
Wingham Park Senior Exercise Space	9.30am	Free	27
Nairn's Coffee, Cake and Conversation	10am	Free	27
Street Art Walking Tour	11am	Free	28
Saturday 7 October			
Multicultural Celebration at Orwil Community House	11am	Free	29
Saturday Movie Matinees	1pm	Free	29
Sunday 8 October			
LGBTQI+ Elders Dance Party	12.45pm	Free	30
Tai Chi at Frankston Library	11am	Free	31
Monday 9 October			
Men's Morning Tea	10.30am	Free	31
Street Art Walking Tour	11am	Free	32
Tuesday 10 October			
Beleura Morning Tea Tour	9.30am	\$20	33
PARC/Active Movers	12.10pm	FREE	34

Event	Time	Cost	Page
Tuesday 10 October (continued)			
Carrum Downs Senior Citizens Club U-Bute-Ukes	1pm	\$2	34
Walking Football (Soccer)	1pm	Free	35
Chatty Cafe	1.30pm	Free	35
Frankston Foreshore Sculpture Tour	2pm	Free	36
Wednesday 11 October			
Tai Chi at PARC	8.30am	Free	36
U3A Frankston Open Day	10am	Free	37
Safe Driver	10am	Free	37
Frankston History Talk with Alfonso Folle	1.30pm	Free	38
Volunteering Opportunities with L2P and Impact Volunteering	2pm	Free	39
Thursday 12 October			
Crafty Connections	10am	Free	40
Cuppa and Chat with a sensory garden experience	10am	\$4	41
Frankston Croquet Club — Come & Try	10am	Free	41
Explore your Family History — Mornington Peninsula Historical Society	11am	Free	42
Street Art Walking Tour	11am	Free	42
Walking Basketball	11am	Free	43
PARC Active Movers	12.10pm	Free	43
Masters Athletics	7pm	Free	44
FrankTALK - Chris Hammer	TBC	Free	44

Event	Time	Cost	Page
Friday 13 October			
Move It or Lose It...Almost Exercise	1pm	Free	45
Saturday 14 October			
Saturday Movie Matinees	1pm	Free	45
Sunday 15 October			
Tai Chi at Frankston Library	11am	Free	46
Sri Lankan Seniors Festival	4pm	\$5	46
Monday 16 October			
Monday Melodies	12.30pm	Gold coin	47
Mandala for Peace	1pm	Free	47
Tuesday 17 October			
Melbourne Zoo (Day Trip)	9.45am	\$20	48
Safer Online Shopping and Banking	9.45am	Free	49
U3A Frankston Art Show	10am	Free	49
Trivia & Tea	10.30am	Free	50
Street Art Walking Tour	11am	Free	50
PARC/Active Movers	12.10pm	Free	51
Chatty Cafe	1.30pm	Free	51
Wednesday 18 October			
Tai Chi at PARC	8.30am	Free	52
Pines Men's Shed – Open Day	9am	Free	52
U3A Frankston Art Show	10am	Free	53
Street Art Walking Tour	11am	Free	53

Event	Time	Cost	Page
Thursday 19 October			
Crafty Connections	10am	Free	54
Cuppa, Chat & Live Music	10am	\$4	54
U3A Frankston Art Show	10am	Free	55
Devonshire Tea with Frankston South CWA	10.30am	Free	55
Explore your Family History – Mornington Peninsula Historical Society	11am	Free	56
Walking Basketball	11am	Free	56
Zumba	12pm	\$2	57
PARC Active Movers	12.10pm	Free	57
Masters Athletics	7pm	Free	58
Friday 20 October			
Get Active at PARC	All day	Free	58
Wingham Park Senior Exercise Space	9.30am	Free	59
Morning Tea and Guest Speaker	9.45am	Free	59
African Drumming	10.30am	Free	60
Sketch Comedy for Seniors	10.30am	Free	60
FrankTALK: Pasta Love with Jaclyn Crupi	11.30am	Free	61
Saturday 21 October			
Seniors Garden Open Day	10am	Free	61
Saturday Movie Matinees	1pm	Free	62
Sunday 22 October			
Tai Chi at Frankston Library	11am	Free	62

Event	Time	Cost	Page
Monday 23 October			
Community Safety Information Session	11am	Free	63
Street Art Walk Tour	11am	Free	63
FrankTALK: Tricia Stringer	2pm	Free	64
Tuesday 24 October			
Walking Group @ South	9.30am	Free	64
Living your Best Life	10.30am	Free	65
PARC/Active Movers	12.10pm	Free	65
Chatty Cafe	1.30pm	Free	66
Wednesday 25 October			
Tai Chi at PARC	8.30am	Free	66
Motorised Mobility Devices	10am	Free	67
Mornington Peninsula and Frankston History Talk with Malcolm HB Gordon	1.30pm	Free	67
Thursday 26 October			
Crafty Connections	10am	\$4	68
Cuppa, Chat and Laugh at Kareela	10am	Free	68
The Age Pension Explained	10.30am	Free	69
Explore your Family History – Mornington Peninsula Historical Society	10.30am	Free	70
PARC Active Movers	12.10pm	Free	70
Walking Basketball	11am	Free	71
Masters Athletics	7pm	Free	71

Event	Time	Cost	Page
Friday 27 October			
Friends at First Sight – Dandenong Market Street Food Tour	9.15am	\$15	72
Street Art Walking Tour	11am	Free	73
Frankston Foreshore Sculpture Tour	2pm	Free	73
Saturday 28 October			
Open Studio and Art Exhibition	10am	Free	74
Saturday Movie Matinee	1pm	Free	74
A Night of Laughs and Dancing	4pm	Free	75
Sunday 29 October			
Open Studio & Art Exhibition	10am	Free	76
Tai Chi at Frankston Library	11am	Free	76
Sunday Session	1pm	Free	77
Monday 30 October			
Hellenic Art Exhibition	10am	Free	77
Tuesday 31 October			
Beleura Morning Tea Tour	9.30am	\$20	78
Indoor Craft Market	10am	Free	79
Chatty Cafe	1.30pm	Free	79

DAY TRIPS

Friday 6 October

Planes and Automobiles

Details on page 26

Tuesday 10 October

Beleura Morning Tea Tour (self-drive)

Details on page 33

Tuesday 17 October

Melbourne Zoo

Details on page 48

Friday 27 October

Friends at First Sight

Dandenong Market Street Food Tour

(limit of one ticket per person)

Details on page 72

Tuesday 31 October

Beleura Morning Tea Tour (self-drive)

Details on page 78

DAY TRIPS

Bookings open Tuesday, 19 September at 10am

How to purchase a ticket from the Frankston Arts Centre (FAC)

- In person at the FAC Box Office, 27–37 Davey Street, Frankston
- Over the phone: 9784 1060
- Online via thefac.com.au (a portion of the tickets will be available online)

Due to the popularity of day trips, the following booking conditions apply:

- Frankston City residents are limited to one day trip per person
- Seats are strictly limited. No group bookings are allowed with a limit of two tickets per booking
- Trips will run in all weather conditions, please dress accordingly
- If you missed out on booking a seat, you can ask to be added to a waitlist
- An emergency contact for the person booking the ticket/s will be requested at time of booking.
- Refunds will not be given for cancellations within 48 hours of the event.
- If trips are cancelled by Frankston City Council due to unforeseen circumstances, refunds will be issued.

Monday 2 October

Seniors Festival Garden Wander at Cruden Farm

One of Australia's most loved iconic gardens and natural spaces, left by Dame Elisabeth Murdoch for the people to enjoy, is now managed by a charitable trust. Visit Cruden Farm for a garden wander this October and receive a 50% discount on your entry ticket on presentation of your Seniors Card.



Cruden Farm

Entry via Cranhaven Road, 60 Cranbourne-Frankston Road, Langwarrin



Monday-Friday, 10am-4pm



\$5 (upon presentation of a Seniors Card)

Tuesday 3 October

All you need to know about Data and Public Wi-Fi

Whether you're using the internet at home or on your mobile, everything you do uses data. Knowing how and when to use your mobile data or Wi-Fi can help you stay safer online and save money. Presented by Be Connected and proudly hosted by Frankston City Libraries. Please book to save your seat.



Frankston Library Forecourt, 60 Playne Street, Frankston



9.45am-11am



Free



library.frankston.vic.gov.au/Community-Connection/New-and-Updates/Frankston-Seniors-Festival-2023 or call 9784 1020

Street Art Walking Tour

Experience Frankston's national award-winning tour which showcases over 70 murals by local and international artists which bring the city's buildings and laneways to life. Wander the streets to discover iconic images of Frankston's past, relive childhood imagery and celebrate Frankston's urban culture. The tour takes approximately 1.5 hours. Places are limited, bookings essential.



Frankston Library Forecourt
60 Playne Street, Frankston



11am–12.30pm



Free



1300 322 842

Kalinka Russian Singing Group

A singing group of traditional and folklore songs in multiple languages, including English and Russian. Come and enjoy songs that remind you of your youth and let your feet join the beat. Refreshments provided. *Groups larger than 10 people must book.



Seaford Community Centre
6R Broughton Street, Seaford



12–3pm



Free



Bluma, 0451 035 645

Tuesday 3 October continued

Active Movers class at PARC

This fun class is designed for those who want a low intensity circuit workout. A great class for beginners! Bookings essential.



Peninsula Aquatic Recreation Centre
Corner of Cranbourne Road and Olive Grove, Frankston



12.10pm (60 minute class)



Free



PARC, 9781 8444

Walking Football (Soccer)

Partnering with Football Victoria, enjoy a slow moving, non-contact small sided version of soccer, specially modified to allow everyone of all ages and ability to enjoy the game.



Frankston South Community and Recreation Centre (FSCRC)
2/55 Towerhill Road,
Frankston South



1-2pm



Free



FSCRC, 9293 7122



Chatty Café

Make fast friends at Chatty Café! This initiative brings members of the community together, instigating some friendly conversation and helping to combat any feelings of loneliness or isolation people may be feeling. These sessions were very popular last year with people making lasting connections. No bookings necessary, just come along.



Frankston Library
60 Playne Street, Frankston



1.30pm



Free

Wednesday 4 October

Tai Chi at PARC

Tai Chi is a non-competitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring the body is in constant motion. Bookings essential.



Peninsula Aquatic Recreation Centre
Corner of Cranbourne Road and Olive Grove, Frankston



8.30am



Free



PARC, 9781 8444

Wednesday 4 October continued

Probus Club of Frankston Inc.

You are invited to join the Probus Club of Frankston's general monthly meeting. There will be a guest speaker followed by tea and coffee.



Frankston RSL (pavilion at the rear)
183 Cranbourne Road, Frankston



10am



Free



Clyde, 0478 753 702

Friendship Day at CWA Frankston

CWA Frankston invites you to attend our Friendship Day! Our pop-up shop will be open and a myriad of handcrafted goodies will be available for purchase, including preserves and jams made by the CWA Frankston members. Free Bingo games throughout the day and a gold coin donation will get you a delicious Devonshire Tea.



CWA Frankston
33 Beach Street, Frankston



10-2pm



Free entry/gold coin donation for Devonshire Tea



Dianne, 0429 421 010 (call/text) or
cwafrankston33@gmail.com

Walk with Care

Do you enjoy walking around Frankston's parks, beaches and streets? Learn strategies that support safe walking as we age including: health benefits of walking, age related changes that may affect safety and tips to enhance your safety when walking in our community. Presented by VicRoads.



Community Room Frankston Library
60 Playne Street, Frankston 3199



10am



Free



library.frankston.vic.gov.au/Community-Connection-News-and-Updates/Frankston-Seniors-Festival-2023
or call 9784 1020

Tour Frankston's Meals on Wheels Kitchen

Come behind the scenes and join Frankston City Council's Meals on Wheels family to get a real understanding of the intricacies of a working kitchen and the value of wonderful volunteers. Learn about the volunteer roles that support this program and how they may suit you.



Meals on Wheels Kitchen
210 Beach Street, Frankston



12–1pm



Free



Volunteer Officer, 9768 1624





Bookings open Tuesday 19 September

Thursday 5 October

Guided Walk in Sweetwater Creek Nature Reserve

Guided walk along picturesque walking tracks and boardwalks with views of the creek and indigenous bushland. Afterwards join the Action Sweetwater Creek Volunteers for a delicious morning tea.



Sweetwater Creek Nature Reserve noticeboard

Enter via the laneway between 47 and 49 Fleetwood Crescent, Frankston South



9.30–11am



Free



Jenny, 0412 844 112

Protect yourself Against Scams

With the world becoming more connected through the internet, online scams have increased. It therefore pays to be cautious and follow a few simple steps. Presented by Be Connected and proudly hosted by Frankston City Libraries. Bookings essential.



Frankston City Library, Community Room (Level 2)

60 Playne Street, Frankston



9.45–11am



Free



library.frankston.vic.gov.au/Community-Connection/News-and-Updates/Frankston-Seniors-Festival-2023 or call 9784 1020

Crafty Connections

Bring along your current craft project to work on at Crafty Connections. No current craft project? No worries! Frankston City Libraries has hand-picked some mini projects to get you started. All craft styles and skill level are welcome. Connect with your community, connect with your library, explore new creative activities, learn a new skill and meet new people.



Frankston Library Forecourt
60 Playne Street, Frankston



10–11am



Free



[library.frankston.vic.gov.au/Community-Connection/Newsand Updates/Frankston-Seniors-Festival-2023](https://library.frankston.vic.gov.au/Community-Connection/NewsandUpdates/Frankston-Seniors-Festival-2023) or call 9784 1020

Cuppa, Chat and Board Games

Connect with others over a cuppa, chat and a roll of a die at Coffee on Kareela Community Café. Board and card games provided. Entry price includes a welcome cuppa and cookie. Further refreshments available at modest cafe prices. Places limited, bookings essential.



Coffee on Kareela Community Café
53 Kareela Road, Frankston City



10am–12pm



\$4



Liz, 0401 523 875

Thursday 5 October continued

Explore your Family History

Mornington Peninsula Family History Society invites both beginners and those with more experience to visit our centre and explore our large collection of resources. We will have experienced researchers on hand to start you off or help you if you are stuck. Morning tea provided.



Frankston South Community and Recreation Centre
55 Towerhill Road, Frankston South



11am–2pm



Free



Alison, 9783 7058

Walking Basketball

Frankston's Walking Basketball program is a low impact, social and fun way to improve the levels of physical activity and provides optimal health benefits to all who participate. Walking Basketball decreases the risk factors associated with sedentary behaviours. The program is also suitable for those recovering from injuries.



Frankston and District Basketball Association
90 Bardia Avenue, Seaford



11am–12.30pm



Free



Tanya, 9776 8999

Active Movers class at PARC

This fun class is designed for those who want a low intensity circuit workout. A great class for beginners! Bookings essential.



Peninsula Aquatic Recreation Centre
Corner of Cranbourne Road and Olive Grove, Frankston



12.10pm (60 minute class)



Free



PARC, 9781 8444

Come and try Masters Athletics

Masters Athletics offers fitness, fun and friendship across a range of athletic activities for men and women aged 30 and over. The Frankston & Peninsula Masters Athletics Club is inviting you to come every Thursday during the Seniors Festival. All abilities are catered for.



Ballam Park Athletic Track
Benanee Drive, Frankston



7-9pm



Free



David, 0498 717 245

Friday 6 October


Planes and Automobiles Day Trip

First stop on this day trip will be the Moorabbin Air Museum; the Museum has one of the most significant collections of aircraft and engines in Australia. For approximately 90 minutes you will enjoy a guided tour and then have some free time to explore at your leisure.


We will then make our way to Charlie's Auto Museum in Arthurs's Seat where you'll be able to eat your packed lunch*. Charlie Schwerkolt's Museum is a unique collection of over 80 motor vehicles. There are also motorcycles, petrol bowlers, thousands of model cars and memorabilia spanning over 100 years.

*BYO packed lunch.

 Meet at 9.15am for a 9.30am departure from Frankston Arts Centre (FAC), 27-37 Davey Street, Frankston

 Coach will return to FAC at approximately 4.15pm

 \$10

 Either in person at FAC, via phone 9784 1060 or thefac.com.au



Wingham Park Senior Exercise Space

Looking for an exciting way to stay active and connect with others? The Wingham Park Senior Exercise Equipment is an outdoor exercise space which includes stations specifically designed to help improve balance, strength, functional movement and mobility. Trained volunteers will show you how to use the equipment safely. Bookings essential.



Wingham Park
103 Ashleigh Avenue, Frankston



9.30am



Free



trybooking.com/CJIRE or call Council on 1300 322 322

Nairn's Coffee, Cake and Conversation

Nairn Marr Djambana's gathering place is a welcoming safe place to improve Aboriginal health, cultural, recreation and social activities. Nairn Marr Djambana is going to open its doors for Coffee, Cake and a conversation with Gathering Places's staff and community. This is a unique opportunity to learn about one of Frankston's culturally significant places.



Nairn Marr Djambana – Gathering by the bay
32 Nursery Avenue, Frankston



10–11.30am



Free



Administration Officer, 9783 1521

Friday 6 October continued

Street Art Walking Tour

Experience Frankston's national award-winning tour which showcases over 70 murals by local and international artists which bring the city's buildings and laneways to life. Wander the streets to discover iconic images of the Frankston's past, relive childhood imagery and celebrate Frankston's urban culture. The tour takes approximately 1.5 hours. Places are limited, bookings essential.



Frankston Library Forecourt
60 Playne Street, Frankston



11am–12.30pm



Free



1300 322 842



Saturday 7 October

Multicultural Celebration at Orwil Street Community House

A multicultural event to celebrate this International Day for Older Persons at Orwil Street Community House Inc. The Chinese Seniors of Frankston and the South American Seniors Citizens are banding together to offer Tai Chi, Mahjong and a delicious traditional South American BBQ with accompanying music!



Orwil Street Community House Inc.
16 Orwil Street, Frankston



11am–2pm



Free



Karen, 9783 5073

Saturday Movie Matinees

Frankston Library's Movie Matinees are free of charge and always entertaining. Our October selections are just right for the Frankston Seniors Festival with a showcase of classics and crowd-pleasers. Bookings are essential.



Frankston City Library, Community Room
60 Playne Street, Frankston



1pm



Free



[library.frankston.vic.gov.au/Community-Connection/Newsand Updates/Frankston-Seniors-Festival-2023](https://library.frankston.vic.gov.au/Community-Connection/NewsandUpdates/Frankston-Seniors-Festival-2023) or call 9784 1020

Sunday 8 October

LGBTIQ+ Elders Dance Club

Attention all fabulous and fabulous-at-heart LGBTIQ+ seniors! All the Queens Men invite Rainbow elders (and allies) to a free dance event that celebrates inclusivity. This is your chance to show younger generations that age is just a number. Whether you're a fan of disco, ballroom, or just getting down to good old pop hits, All the Queens Men have got it covered. It's time to dust off those dancing shoes and get on the dance floor!

No dance experience needed. All are welcome. Nibbles, tea and coffee provided. More information at allthequeensmen.net/projects/lgbti-elders-dance-club/

Frankston City Council is not running this event; only providing free transport to and from the venue.



Pick up point will be disclosed closer to the date via email



12.45pm for 1pm departure.
Return at approximately 5pm



Free



trybooking.com/CJINJ or phone
Council on 1300 322 322



Tai Chi

Join us on Sundays in October to practice Tai Chi. Tai Chi is a gentle way to improve strength, flexibility and balance. Frankston City Libraries will be hosting group sessions so come along, make some new friends and get moving. Bookings are essential.



Frankston Library Forecourt
60 Playne Street, Frankston



11am



Free



library.frankston.vic.gov.au/Community-Connection/News-and-Updates/Frankston-Seniors-Festival-2023
or call 9784 1020

Monday 9 October

Men's Morning Tea

We invite you to come along for coffee and morning tea here at Karingal PLACE to celebrate Seniors Festival. Morning Tea and Coffee Provided. Please book for catering purposes.



Karingal PLACE Neighbourhood Centre
103 Ashleigh Avenue, Frankston



10am–12pm



Free



Karingal PLACE Neighbourhood Centre, 9786 6650

Monday 9 October continued

Street Art Walking Tour

Experience Frankston's national award-winning tour which showcases over 70 murals by local and international artists which bring the city's buildings and laneways to life. Wander the streets to discover iconic images of the Frankston's past, relive childhood imagery and celebrate Frankston's urban culture. The tour takes approximately 1.5 hours. Places are limited, bookings essential.



Frankston Library Forecourt
60 Playne Street, Frankston



11am–12.30pm



Free



1300 322 842



Tuesday 10 October

Beleura Morning Tea Tour (self-drive)

If you're interested in history, art, gardens and music you'll enjoy a tour of the magnificent Beleura House. A state-listed 19th Century heritage house set amidst five hectare of gardens. The House is exceptional for its collection and includes the original furnishings of its last owner John Tallis. Enjoy a delicious morning tea after the tour.



Mornington Golf Club — Tallis Drive, Mornington
Please park at the Visitors Car Park and wait in the Club Foyer for your transfer to Beleura House via a Courtesy Bus.



9.30am. Courtesy bus will depart the Club Foyer at 9.45am.

Morning Tea Tour: 10am–12.30pm



\$20



Either in person at the Frankston Arts Centre,
via phone 9784 1060 or thefac.com.au



Tuesday 10 October continued

Active Movers class at PARC

This fun class is designed for those who want a low intensity circuit workout. A great class for beginners! Bookings essential.



Peninsula Aquatic Recreation Centre
Corner of Cranbourne Road and Olive Grove, Frankston



12.10pm (60 minute class)



Free



PARC, 9781 8444

Carrum Downs Senior Citizens Club Inc

Join the members of the Carrum Downs Senior Citizens Club for an afternoon of great entertainment with the U-Bute-Ukes (a ukulele orchestra). Afternoon tea provided.



Lyrebird Community Centre
203 Lyrebird Drive,
Carrum Downs



1-3pm



\$2



Carol, 0412 877 449



Walking Football (Soccer)

Partnering with Football Victoria, enjoy a slow moving, noncontact small sided version of soccer, specially modified to allow everyone of all ages and ability to enjoy the game.



Frankston South Community and Recreation Centre (FSCRC), 2/55 Towerhill Road, Frankston South



1-2pm



Free



FSCRC, 9293 7122

Chatty Café

Make fast friends at Chatty Café! This initiative brings members of the community together, instigating some friendly conversation and helping to combat any feelings of loneliness or isolation people may be feeling. These sessions were very popular last year and people made lasting connections. No bookings necessary, just come along.



Frankston Library
60 Playne Street, Frankston



1.30pm



Free

Frankston Foreshore Sculpture tour

Discover many of the sculptures dotted along the Frankston Foreshore, as well as a little about the history of the area.



Frankston Visitor Information Centre
7N Pier Promenade, Frankston



2–3pm



Free



Frankston Visitor Information, 1300 322 842

Wednesday 11 October

Tai Chi at PARC

Tai Chi is a non-competitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring the body is in constant motion. Bookings essential.



Peninsula Aquatic Recreation Centre
Corner of Cranbourne Road and Olive Grove, Frankston



8.30am




Free



PARC, 9781 8444


U3A Frankston Open Day

U3A curious? This Open Day is an opportunity to come and see U3A Frankston classes in action without obligation.

 Karingal PLACE Neighbourhood Centre
103 Ashleigh Avenue, Frankston


 10am–4pm


 Free

 Office, 9770 1042

Safe Driver

This presentation covers how to keep drivers safe and mobile. Learn about keeping safe on the roads as we age, potential impacts of medical conditions or medications and a refresher on road rules, including rules that may have changed recently. Presented by VicRoads.

 Community Room, Frankston Library
60 Playne Street, Frankston

 10–11am

 Free

 [library.frankston.vic.gov.au/Community-Connection
News-and-Updates/Frankston-Seniors-Festival-2023](https://library.frankston.vic.gov.au/Community-Connection-News-and-Updates/Frankston-Seniors-Festival-2023) or
call 9784 1020

Wednesday 11 October continued

Frankston History Talk with Alfonso Folle

Much has changed in Frankston since the first land sale in 1854. Dust from unmade roads is an open window on the past, showing the early Frankston changing from village to city. During the talk, the author will show the transformation of Frankston, how this city is evolving and how it inspired him in creating this book.



Frankston Visitor
Information Centre
7N Pier Promenade,
Frankston



1.30–2.30pm



Free



Frankston
Visitor Information
Centre, 1300 322 842



Volunteering opportunities with L2P and Impact Volunteering

If you're interested in volunteering or becoming a mentor as part of the L2P Program (helping young people get supervised driving experience) this information session is for you. Learn about great volunteering opportunities available through Impact Volunteering and the L2P Program.



Playne St Room, Frankston Library
60 Playne Street, Frankston



2-4pm



Free



Sally, 0408 165 110



Thursday 12 October

Crafty Connections

Bring along your current craft project to work on at Crafty Connections. No current craft project? No worries! Frankston City Libraries has hand-picked some mini projects to get you started. All craft styles and skill level are welcome. Connect with your community, connect with your library, explore new creative activities, learn a new skill and meet new people.



Frankston Library Forecourt
60 Playne Street, Frankston



10–11am



Free



library.frankston.vic.gov.au/Community-Connection-News-and-Updates/Frankston-Seniors-Festival-2023 or
call 9784 1020



Cuppa and Chat with a Sensory Garden Experience

Connect with others over a cuppa, chat and a wander in the Garden For Life sensory garden. Gardeners, Sally and David will be on hand to answer any of your questions. Entry price includes a welcome cuppa and cookie. Further refreshments available at modest cafe prices. Places limited, bookings essential.



Coffee on Kareela Community Cafe
53 Kareela Road, Frankston City



10am–12pm



\$4



Liz, 0401 523 875

Frankston Croquet Club — Come and try

Come and try croquet, learn how to play this fascinating game. Easy to learn and can be both social and competitive. Sports shoes are recommended (no smooth soles). Open toed shoes and sandals are not accepted.



Frankston Croquet Club Inc
Corner of Nolan and Spring Streets, Frankston
(Club carpark at the end of Nolan Street)



10am–2pm



Free



Fay, 9783 7340

Thursday 12 October continued

Explore your Family History

Mornington Peninsula Family History Society invites both beginners and those with more experience to visit our centre and explore our large collection of resources. We will have experienced researchers on hand to start you off or help you if you are stuck. Morning tea provided.



Frankston South Community and Recreation Centre
55 Towerhill Road, Frankston South



11am–2pm



Free



Alison, 9783 7058

Street Art Walking Tour

Experience Frankston's national award-winning tour which showcases over 70 murals by local and international artists which bring the city's buildings and laneways to life. Wander the streets to discover iconic images of the Frankston's past, relive childhood imagery and celebrate Frankston's urban culture. The tour takes approximately 1.5 hours. Places are limited, bookings essential.



Frankston Library Forecourt, 60 Playne Street, Frankston



11am–12.30pm



Free



Frankston Visitor Information, 1300 322 842

Walking Basketball

Frankston's Walking Basketball program is a low impact, social and fun way to improve the levels of physical activity and provides optimal health benefits to all who participate. Walking Basketball decreases the risk factors associated with sedentary behaviours. The program is also suitable for those recovering from injuries.



Frankston and District Basketball Association
90 Bardia Avenue, Seaford



11am–12.30pm



Free



Tanya, 9776 8999

Active Movers class at PARC

This fun class is designed for those who want a low intensity circuit workout. A great class for beginners! Bookings essential.



Peninsula Aquatic Recreation Centre
Corner of Cranbourne Road and Olive Grove, Frankston



12.10pm (60 minute class)



Free



PARC, 9781 8444

Come and try Masters Athletics

Masters Athletics offers fitness, fun and friendship across a range of athletic activities for men and women aged 30 and over. The Frankston and Peninsula Masters Athletics Club is inviting you to come every Thursday during the Seniors Festival. All abilities are catered for.



Ballam Park Athletic Track, Benanee Drive, Frankston



7–9pm



Free



David, 0498 717 245

FrankTALK: Chris Hammer

Since his first award-winning book, *Scrublands* (2018), Chris has become a household name – a master in rural noir. His last thrilling title *The Tilt* came out in October 2022 to a wonderful response. With his next novel due for release in early October, we are thrilled to welcome Chris back for another chat about his newest title. Prior to turning to his hand to fiction. Chris was a journalist for more than thirty years, dividing his career between covering Australian federal politics and international affairs.



Frankston Library Forecourt, 60 Playne Street, Frankston



Will be confirmed upon booking



Free



[library.frankston.vic.gov.au/Community-Connection/Newsand Updates/Frankston-Seniors-Festival-2023](https://library.frankston.vic.gov.au/Community-Connection/NewsandUpdates/Frankston-Seniors-Festival-2023) or call 9784 1020

Friday 13 October

Move It or Lose It...almost exercise

An exercise program designed for over 50s to keep the body moving with some gentle exercise. All this activity will be followed by a delicious afternoon tea.



Frankston South Community and Recreation Centre (FSCRC), 2/55 Towerhill Road, Frankston South



1-2.30pm



Free



FSCRC, 9293 7122

Saturday 14 October

Saturday Movie Matinees

Frankston Library's Movie Matinees are free of charge and always entertaining. Our October selections are just right for the Frankston Seniors Festival with a showcase of classics and crowd-pleasers. Bookings are essential.



Frankston Library Community Room
60 Playne Street, Frankston



1pm



Free



library.frankston.vic.gov.au/Community-Connection
News-and-Updates/Frankston-Seniors-Festival-2023 or
call 9784 1020

Sunday 15 October

Tai Chi

Join us on Sundays in October to practice Tai Chi. Tai Chi is a gentle way to improve strength, flexibility and balance. Frankston City Libraries will be hosting group sessions so come along, make some new friends and get moving. Bookings are essential.



Frankston Library Forecourt
60 Playne Street, Frankston



11am



Free



library.frankston.vic.gov.au/Community-Connection-News-and-Updates/Frankston-Seniors-Festival-2023 or
call 9784 1020

Sri Lankan Seniors Festival

The Carrum Downs Sri Lankan Seniors warmly invite you to an afternoon of traditional Sri Lankan food and entertainment. Bookings essential.



A.H Talbot Hall
6R Broughton Street, Seaford



4-6pm



\$5



Rohini, 0402 109 536

Monday 16 October

Monday Melodies — East Frankston Over 55s

Singer Rob Foenander will entertain you by bringing back the sounds of yesteryear and getting you in the mood for singing and dancing.



Leawarra House
200 Beach Street, Frankston



12.30–3pm



Gold coin



Pearl, 0415 227 329 or Joy, 9789 0498
or 9784 1020

Mandala of Peace

Come and enjoy a personal mandala drawing session on the theme of 'peace'. The facilitator has been drawing personal mandalas for over 20 years. Participation in this class does not require any artistic ability, anyone can try drawing their own personal mandala. Resources provided.



Orwil Street Community Centre
16 Orwil Street, Frankston



1–3pm



Free



Orwil Street Community Centre, 9783 5073

Tuesday 17 October

Melbourne Zoo

Come and enjoy a wonderful day out at Melbourne Zoo. Come face-to-face with the Zoo's impressive carnivores or step into a lush Asian village and garden with the award-winning Trail of the Elephants; you'll have the day to wander around at your leisure. BYO lunch or purchase lunch at a Zoo café or kiosk.



Meet at 9.45am for a 10am departure from Frankston Arts Centre (FAC)
27-37 Davey Street, Frankston



Approximately 4.30pm to FAC



\$20



Either in person at Frankston Arts Centre,
via phone 9784 1060 or thefac.com.au



Safer Online Shopping and Banking

For many Australians, a connected lifestyle includes the convenience of online shopping and banking, however, privacy and security concerns can stop those who aren't as confident online from enjoying the same experience. Presented by Be Connected and hosted by Frankston City Libraries. Bookings are essential.



Frankston Library Forecourt
60 Playne Street, Frankston



11am



Free



library.frankston.vic.gov.au/Community-Connection-News-and-Updates/Frankston-Seniors-Festival-2023 or
call 9784 1020

U3A Frankston Art Show

An exhibition of art works by U3A Frankston members. Works on various mediums will be on display at the Carrum Downs Shopping Centre from Tuesday 17 to Thursday 19 October.



Carrum Downs Shopping Centre
100 Hall Road, Carrum Downs



10am–4pm



Free Trivia and Tea

Tuesday 17 October continued

Trivia and Tea

Come and join in the fun, test your general knowledge at our fun trivia competition while enjoying a delicious morning tea. Bookings essential.



Davey Richardson Pavilion
151 East Road, Seaford



10.30am–12pm



Free



Reception, 9776 8922

Street Art Walking Tour

Experience Frankston's national award-winning tour which showcases over 70 murals by local and international artists which bring the city's buildings and laneways to life. Wander the streets to discover iconic images of Frankston's past, relive childhood imagery and celebrate Frankston's urban culture. The tour takes approximately 1.5hours. Places are limited, bookings essential.



Frankston Library Forecourt
60 Playne Street, Frankston



11am–12.30pm



Free



1300 322 842

Active Movers class at PARC

This fun class is designed for those who want a low intensity circuit workout. A great class for beginners! Bookings essential.



Peninsula Aquatic Recreation Centre
Corner of Cranbourne Road and Olive Grove, Frankston



12.10pm (60 minute class)



FREE



PARC, 9781 8444

Chatty Café

Make fast friends at Chatty Café! This initiative brings members of the community together, instigating some friendly conversation and helping to combat any feelings of loneliness or isolation people may be feeling. These sessions were very popular last year and people made lasting connections. No bookings necessary, just come along.



Frankston Library
60 Playne Street, Frankston



1.30pm



Free



Wednesday 18 October

Tai Chi at PARC

Tai Chi is a non-competitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring the body is in constant motion. Bookings essential.



Peninsula Aquatic Recreation Centre
Corner of Cranbourne Road and Olive Grove, Frankston



8.30am



FREE



PARC, 9781 8444

Open Seniors Day at the Pines Men's Shed

Come and see what all the fuss is about! The Pines Men's Shed will be holding an all-day sausage sizzle and there'll be an opportunity to ask questions and view various products. So if you've been thinking of joining, come and check out this welcoming Men's Shed.



Pines Men's Shed
14 Stringybark Crescent, Frankston North



9am–3pm



Free



Andrew, 9786 1008

U3A Frankston Art Show

An exhibition of art works by U3A Frankston members. Works on various mediums will be on display at the Carrum Downs Shopping Centre from Tuesday, 17 to Thursday 19 October.



Carrum Downs Shopping Centre
100 Hall Road, Carrum Downs



10am–4pm



Free

Street Art Walking Tour

Experience Frankston's national award-winning tour which showcases over 70 murals by local and international artists which bring the city's buildings and laneways to life. Wander the streets to discover iconic images of Frankston's past, relive childhood imagery and celebrate Frankston's urban culture. The tour takes approximately 1.5 hours. Places are limited, bookings essential.



Frankston Library Forecourt
60 Playne Street, Frankston



11am–12.30pm



Free



1300 322 842

Thursday 19 October

Crafty Connections

Bring along your current craft project to work on at Crafty Connections. No current craft project? No worries! Frankston City Libraries has hand-picked some mini projects to get you started. All craft styles and skill level are welcome. Connect with your community, connect with your library, explore new creative activities, learn a new skill and meet new people.



Frankston Library Forecourt, 60 Playne Street, Frankston



10–11am



Free



library.frankston.vic.gov.au/Community-ConnectionNewsand-Updates/Frankston-Seniors-Festival-2023 or call 9784 1020

Cuppa and Chat with Musical Memories

Enjoy a cuppa whilst listening to an acoustic duo providing live music. Sing-along and reminisce over songs through the decades. Entry price includes a welcome cuppa and cookie. Further refreshments available at modest cafe prices. Places limited, bookings essential.



Coffee on Kareela Community Café
53 Kareela Road, Frankston City



10am–12pm



\$4



Liz, 0401 523 875

U3A Frankston Art Show

An exhibition of art works by U3A Frankston members. Works on various mediums will be on display at the Carrum Downs Shopping Centre from Tuesday 17 to Thursday 19 October.



Carrum Downs Shopping Centre
100 Hall Road, Carrum Downs



10am-4pm



Free

Devonshire Tea with Frankston South CWA

Join us at Frankston South Country Women's Association for a free Devonshire Tea to celebrate the Frankston Seniors Festival. Enjoy homemade scones with jam and cream in the company of friends. Fun activities will be on offer for participants to try before leaving for home.



Connect Church Hall (behind the church)
135 Golf Links Road, Frankston



10.30am-12pm



Free



Sandra, 0448 650 209

Thursday 19 October continued

Explore your Family History

Mornington Peninsula Family History Society invites both beginners and those with more experience to visit our centre and explore our large collection of resources. We will have experienced researchers on hand to start you off or help you if you are stuck. Morning tea provided



Frankston South Community and Recreation Centre
55 Towerhill Road, Frankston South



11am–2pm



Free



Alison, 9783 7058

Walking Basketball

Frankston's Walking Basketball program is a low impact, social and fun way to improve the levels of physical activity and provides optimal health benefits to all who participate. Walking Basketball decreases the risk factors associated with sedentary behaviours. The program is also suitable for those recovering from injuries.



Frankston and District Basketball Association
90 Bardia Avenue, Seaford



11am–12.30pm



Free



Tanya, 9776 8999

Zumba

The very friendly Filipino Seniors Support Group invites you to come along to a fun Zumba class! This modified class is great for your body, mind and soul. If you love dancing this class is for you!



Holy Family Church Hall
34 Moreton Street, Frankston North



12–2pm



\$2



Grace, 0409 192 390

Active Movers class at PARC

This fun class is designed for those who want a low intensity circuit workout. A great class for beginners! Bookings essential.



Peninsula Aquatic Recreation Centre
Corner of Cranbourne Road and
Olive Grove, Frankston



12.10pm (60 minute class)



FREE



PARC,
9781 8444



Come and try Masters Athletics

Masters Athletics offers fitness, fun and friendship across a range of athletic activities for men and women aged 30 and over. The Frankston and Peninsula Masters Athletics Club is inviting you to come every Thursday during the Seniors Festival. All abilities are catered for.



Ballam Park Athletic Track
Benanee Drive, Frankston



7-9pm



Free



David, 0498 717 245

Friday 20 October

Get active at PARC

Come along to PARC and experience the benefits of being active and connect with your local community. Visit PARC anytime on Friday 20 October, present your Seniors Card and enjoy free access to this award winning Health club and all aquatic areas. Additionally, tours of PARC will be running at 10am and 1pm and a booking is required.



Peninsula Aquatic Recreation Centre
Corner of Cranbourne Road and Olive Grove, Frankston



All day. Tours at 10am and 1pm



Free



PARC, 9781 8444

Wingham Park Senior Exercise Space

Looking for an exciting way to stay active and connect with others? The Wingham Park Senior Exercise Equipment is an outdoor exercise space which includes stations specifically designed to help improve balance, strength, functional movement and mobility. Trained volunteers will show you how to use the equipment safely. Bookings essential.



Wingham Park, 103 Ashleigh Avenue, Frankston



9.30am



Free



trybooking.com/CJIRE or call Council on 1300 322 322

Morning tea and guest speaker — Frankston Combined Probus Club

Please join the Frankston Combined Probus Club for Morning Tea and enjoy an interesting guest speaker. Probus offers a diverse range of activities and outings. Our motto is Fun, Friendship and Fellowship in retirement. Bookings essential.



Frankston Bowling Club
Corner of Yuille and William Streets



9.45am–12pm



Free



Marian, 0407 820 395

African Drumming Workshop

Experience the joy of community music! Come along and enjoy the fun of playing on African drums; this will be a fun and inclusive rhythmical music activity for bringing people together. Spaces limited. Bookings essential.



Seaford Community Centre, 6R Broughton Street, Seaford



10.30am–12pm



Free



trybooking.com/CJMX or call Council on 1300 322 322

Sketch Comedy for Seniors

Try something different and fun! In this physical theatre style workshop, you'll be invited to a crash course in devising characters and creating original material for sketch comedy. Using movement, costume, wigs, improvisation and physical comedy techniques, participants will create their own sketches.

This is a movement based workshop for seniors and will be facilitated by Laura Trenerry, a well-known Melbourne comedian and workshop facilitator.



Cube 37, Frankston Arts Centre,
25/37 Davey Street, Frankston



10.30am–12.30pm



Free



Either in person at FAC, via phone 9784 1060 or
thefac.com.au

FrankTALK: Pasta Love with Jaclyn Crupi

Love pasta? Then you'll LOVE this event! Frankston City Council Libraries' welcomes Jaclyn Crupi to spill the beans on all things pasta making. Sharing secrets from her Nonna and spoiling us with a live pasta making demonstration. This is one book talk not be missed!



Frankston Library Forecourt
60 Playne Street, Frankston



11.30am



Free



library.frankston.vic.gov.au/Community-Connection-News-and-Updates/Frankston-Seniors-Festival-2023 or
call 9784 1020

Saturday 21 October

Seniors Garden Open Day

Joy of the Earth Community Garden warmly invites members of the community to attend an Open Day. Come and have a look around this beautiful garden, pick up some gardening tips and perhaps a plant or two!



Joy of the Earth Community Garden
15r Joy Street, Frankston (behind the kinder)



10am-1pm



Free

Saturday Movie Matinees

Frankston Library's Movie Matinees are free of charge and always entertaining. Our October selection are just right for the Frankston Seniors Festival with a showcase of classics and crowd-pleasers. Bookings are essential.



Frankston Library Community Room
60 Playne Street, Frankston



1pm



Free



library.frankston.vic.gov.au/Community-ConnectionNews-and-Updates/Frankston-Seniors-Festival-2023 or call 9784 1020

Sunday 22 October

Tai Chi

Join us on Sundays in October to practice Tai Chi. Tai Chi is a gentle way to improve strength, flexibility and balance. Frankston City Libraries will be hosting group sessions so come along, make some new friends and get moving. Bookings are essential.



Frankston Library Forecourt
60 Playne Street, Frankston



11am



Free



library.frankston.vic.gov.au/Community-ConnectionNews-and-Updates/Frankston-Seniors-Festival-2023 or call 9784 1020

Monday 23 October

Community Safety Information Session

Hear from Council's Safer Communities team about local crime and safety statistics, what Council does to improve safety and how you can make our community a safer place to live. Afternoon tea provided.



Karingal PLACE Neighbourhood Centre
103 Ashleigh Avenue, Frankston



11–12pm



Free



trybooking.com/CKBRT

Street Art Walking Tour

Experience Frankston's national award-winning tour which showcases over 70 murals by local and international artists which bring the city's buildings and laneways to life. Wander the streets to discover iconic images of Frankston's past, relive childhood imagery and celebrate Frankston's urban culture. The tour takes approximately 1.5 hours. Places are limited, bookings essential.



Frankston Library Forecourt
60 Playne Street, Frankston



11am–12.30pm



Free



1300 322 842

FrankTALK: Tricia Stringer

Best-selling and award winning author Tricia Stringer will be at Frankston Library to discuss her latest work of fiction, 'Back on Track' which is being released in October 2023. This book "tackles troubled relationships, ageism and love old and new in this warm, funny, uplifting story".



Frankston Library Forecourt
60 Playne Street, Frankston



2pm



Free



[library.frankston.vic.gov.au/Community-Connection
News-and-Updates/Frankston-Seniors-Festival-2023](https://library.frankston.vic.gov.au/Community-Connection-News-and-Updates/Frankston-Seniors-Festival-2023) or
call 9784 1020

Tuesday 24 October

Walk Group @ South

Get some fresh air, make new friends and enjoy the many benefits of walking with this welcoming group. Morning tea provided.



Frankston South Community and Recreation Centre (FSCRC)
2/55 Towerhill Road, Frankston South



9.30–10.30am



Free



FSCRC, 9293 7122

Living your Best Life!

Come along and hear about services and organisations that can assist you to living independently in your own home. You will receive a show bag full of information and enjoy a delicious morning tea. Hosted by Belvedere Community Centre.



Davey Richardson Pavilion
151 East Road, Seaford



10.30am–12pm



Free



Reception, 9776 8922

Active Movers at PARC

This fun class is designed for those who want a low intensity circuit workout. A great class for beginners! Bookings essential.



Peninsula Aquatic
Recreation Centre
Corner of Cranbourne
Road and Olive Grove,
Frankston



12.10pm (60 minute class)



FREE



PARC, 9781 8444



Chatty Café

Make fast friends at Chatty Café! This initiative brings members of the community together, instigating some friendly conversation and helping to combat any feelings of loneliness or isolation people may be feeling. These sessions were very popular last year and people made lasting connections. No bookings necessary, just come along.



Frankston Library
60 Playne Street, Frankston



1.30pm



Free

Wednesday 25 October

Tai Chi at PARC

Tai Chi is a non-competitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring the body is in constant motion. Bookings essential.



Peninsula Aquatic Recreation Centre
Corner of Cranbourne Road and Olive Grove, Frankston



8.30am



FREE



PARC, 9781 8444

Motorised Mobility Devices

Are you looking to upgrade to a motorised scooter or powered wheelchair? Or do you currently own one? Learn about choosing the right motorised mobility device for you, the road rules for devices and how to stay safe while remaining active in our community. Presentation by VicRoads.



Community Room, Frankston Library
60 Playne Street, Frankston 3199



10–11am



Free



library.frankston.vic.gov.au/Community-Connection-News-and-Updates/Frankston-Seniors-Festival-2023 or
call 9784 1020

Mornington Peninsula and Frankston History Talk with Malcolm HB Gordon

Local Mount Martha Resident and author of *A Never Ending Journey*, Malcolm HB Gordon, will take you back in time and discuss life as it was on the Mornington Peninsula and around Frankston, while sharing many amusing stories of the past.



Frankston Visitor Information Centre
7N Pier Promenade, Frankston



1.30–2.30pm



Free



Frankston Visitor Information, 1300 322 842

Thursday 26 October

Crafty Connections

Bring along your current craft project to work on at Crafty Connections. No current craft project? No worries! Frankston City Libraries has hand-picked some mini projects to get you started. All craft styles and skill level are welcome. Connect with your community, connect with your library, explore new creative activities, learn a new skill and meet new people.

-  Frankston Library Forecourt
60 Playne Street, Frankston
-  10–11am
-  Free
-  library.frankston.vic.gov.au/Community-ConnectionNewsand-Updates/Frankston-Seniors-Festival-2023 or call 9784 1020

Cuppa, Chat and Laugh

They say laughter is the best medicine, so enjoy a laugh with your cuppa today. A possible appearance from 'Pam Ayres', silly songs and Dad jokes, anything for a laugh, right? Bring along your best joke to share (but keep it PG!). Entry price includes a welcome cuppa and cookie. Further refreshments available at modest cafe prices. Places limited, bookings essential.

-  Coffee on Kareela Community Café
53 Kareela Road, Frankston City
-  10am–12pm
-  \$4
-  Liz, 0401 523 875

The Age Pension Explained

Everything you need and want to know about the Age Pension. Financial Information Service Officers from Services Australia (formerly Centrelink) will explain many things related to the Age Pension, including eligibility, means testing, the asset test, the Work Bonus and My Aged Care.



Karingal PLACE
Neighbourhood Centre
103 Ashleigh Avenue,
Frankston



10.30am–12pm



Free



trybooking.com/CJZKG or
call Council on
1300 322 322



Thursday 26 October continued

Explore your Family History

Mornington Peninsula Family History Society invites both beginners and those with more experience to visit our centre and explore our large collection of resources. We will have experienced researchers on hand to start you off or help you if you are stuck. Morning tea provided



Frankston South Community and Recreation Centre
55 Towerhill Road, Frankston South



11am–2pm



Free



Alison, 9783 7058

Active Movers class at PARC

This fun class is designed for those who want a low intensity circuit workout. A great class for beginners! Bookings essential.



Peninsula Aquatic Recreation Centre
Corner of Cranbourne Road and Olive Grove, Frankston



12.10pm (60 minute class)



FREE



PARC, 9781 8444

Walking Basketball

Frankston's Walking Basketball program is a low impact, social and fun way to improve the levels of physical activity and provides optimal health benefits to all who participate. Walking Basketball decreases the risk factors associated with sedentary behaviours. The program is also suitable for those recovering from injuries.



Frankston and District Basketball Association
90 Bardia Avenue, Seaford



11am–12.30pm



Free



Tanya, 9776 8999

Come and try Masters Athletics

Masters Athletics offers fitness, fun and friendship across a range of athletic activities for men and women aged 30 and over. The Frankston and Peninsula Masters Athletics Club is inviting you to come every Thursday during the Seniors Festival. All abilities are catered for.



Ballam Park Athletic Track
Benanee Drive, Frankston



7–9pm



Free



David, 0498 717 245

Friday 27 October

Friends at First Sight

Dandenong Market Street Food Tour

This event is for people seeking to make new friends and as such you can only buy ONE ticket. As adults, opportunities to connect and make new friends can be far and few between so this is a golden chance to meet new friends whilst enjoying a guided Dandenong Market Street Food Tour.

The Dandenong Market Street Food Tour is 90 minutes long and talented guide will introduce you to the most popular food hot spots where you will enjoy plenty of tasty samples. Tickets are limited.



Meet at 9.15am for a 9.30am departure from Frankston Arts Centre (FAC)
27-37 Davey Street, Frankston



Coach will return to FAC at about approximately 1pm



\$15



Either in person at the Frankston Arts Centre, via phone 9784 1060 or thefac.com.au

Shoutout to Fe for the name



Street Art Walking Tour

Experience Frankston's national award-winning tour which showcases over 70 murals by local and international artists which bring the city's buildings and laneways to life. Wander the streets to discover iconic images of Frankston's past, relive childhood imagery and celebrate Frankston's urban culture. The tour takes approximately 1.5 hours. Places are limited, bookings essential.



Frankston Library Forecourt
60 Playne Street, Frankston



11am–12.30pm



Free



1300 322 842

Frankston Foreshore Sculpture tour

Discover many of the sculptures dotted along the Frankston Foreshore, as well as a little about the history of the area.



Frankston Visitor Information Centre
7N Pier Promenade, Frankston



2–3pm



Free




Frankston Visitor Information, 1300 322 842

Saturday 28 October

Open Studios and Art Exhibition

The Peninsula Arts Society will open across the entire weekend for you to visit, watch demonstrations and have an opportunity to buy wonderful art work. Enjoy a cup of tea or coffee and find out about classes, workshops, demonstrations and social painting groups.

 The Peninsula Arts Society
159 Overport Road, Frankston South

 10am–6pm

 Free


Saturday Movie Matinees

Frankston Library's Movie Matinees are free of charge and always entertaining. Our October selections are just right for the Frankston Seniors Festival with a showcase of classics and crowd-pleasers. Bookings are essential.

 Frankston Library Community Room
60 Playne Street, Frankston

 1pm

 Free

 library.frankston.vic.gov.au/Community-Connection/News-and-Updates/Frankston-Seniors-Festival-2023 or call 9784 1020

Get into the Swing of it! A Night of Laughs and Dancing

Be transported back to a world of sophistication, glitz and glamour. 1920s flapper girls will welcome guests before Dave O'Neil kicks off the night with his authentic brand of observational comedy. Afterwards, the excitement will build with The Wild Tonic bringing the roaring 20s back to life with current and classic hits. A night not to be missed!



George Jenkins Theatre

Monash University Peninsula Campus

Monash University, 47-49 Moorooduc Hwy, Frankston



Doors will open at 3.15pm.

Refreshments will be available for purchase.

Event will begin at 4pm and conclude at 6pm.



Free but bookings are essential




monash.edu/performing-arts-centres/whats-on/
or call Monash box Office Enquiries on 9905 1111



Sunday 29 October

Open Studios and Art Exhibition

The Peninsula Arts Society will open across the entire weekend for you to visit, watch demonstrations and have an opportunity to buy wonderful art work. Enjoy a cup of tea or coffee and find out about classes, workshops, demonstrations and social painting groups.

 The Peninsula Arts Society
159 Overport Road, Frankston South

 10am–6pm

 Free


Tai Chi

Join us on Sundays in October to practice Tai Chi. Tai Chi is a gentle way to improve strength, flexibility and balance. Frankston City Libraries will be hosting group sessions so come along, make some new friends and get moving. Bookings are essential.

 Frankston Library Forecourt
60 Playne Street, Frankston

 11am

 Free

 library.frankston.vic.gov.au/Community-Connection/News-and-Updates/Frankston-Seniors-Festival-2023 or
call 9784 1020

Sunday Session

Live music session at Frankston Library. No need to book, just come along and enjoy the tunes in the cosy library lounge.



Frankston Library
60 Playne Street, Frankston



1–3pm



Free

Monday 30 October

Hellenic Art Exhibition

You are invited to view award-winning pieces of handmade embroidery, needlework & tapestry at the Frankston Greek Community Hall. Enjoy a cup of tea/coffee whilst taking in the glorious artwork.



Frankston Greek Community Hall
2 Petrie Street, Frankston



10am–12.30pm



Free



Zafira, 0433 581 722

Tuesday 31 October

Beleura Morning Tea Tour (self-drive)

If you're interested in history, art, gardens and music you'll enjoy a tour of the magnificent Beleura House. A state-listed 19th Century heritage house set amidst five hectare of gardens. The House is exceptional for its collection and includes the original furnishings of its last owner John Tallis. Enjoy a delicious morning tea after the tour.



Mornington Golf Club — Tallis Drive, Mornington
Please park at the Visitors Car Park and wait in the Club Foyer for your transfer to Beleura House via a Courtesy Bus.



9.30am Courtesy bus will depart
the Club Foyer at 9.45am
Morning Tea Tour:
10am–12.30pm



\$20



Either in person at the
Frankston Arts Centre,
via phone
9784 1060 or
thefac.com.au



Indoor Craft Market

This vibrant indoor market has a variety of handcrafted items and stalls including bags, soap, plants, sweet treats and fantastic raffles. There will also be a sausage sizzle and your first cup of barista coffee tea or hot chocolate is free!



Long Island Retirement Village
1 Overton Road, Seaford



10am–1.30pm



Free



Robyn, 0438 594 970

Chatty Café

Make fast friends at Chatty Café! This initiative brings members of the community together, instigating some friendly conversation and helping to combat any feelings of loneliness or isolation people may be feeling. These sessions were very popular last year and people made lasting connections. No bookings necessary, just come along.



Frankston Library
60 Playne Street, Frankston



1.30pm



Free



Positive Ageing at Frankston City Council

The Positive Ageing Team at Frankston City Council supports the community throughout the year, not just during Seniors Festival. Other initiatives from the team include:

- Positive Ageing Together Newsletter
- Promoting seniors rights and elder abuse awareness
- Age Friendly Frankston Ambassadors
- Supporting local seniors clubs and groups
- Promoting volunteering opportunities
- Wingham Park Senior Exercise Equipment Sessions

For more information or to contact the Positive Ageing Team please call 1300 322 322 or visit the Positive Ageing page on the Frankston City Council website **frankston.vic.gov.au/Community-and-Health/Health-and-support-services/Active-ageing/Positive-ageing-activities-and-newsletter**.



Victorian
Seniors
Festival
2023



Tell us what you think of the Frankston Seniors Festival 2023

Scan the QR code below to give us your feedback.

Or visit:

surveymonkey.com/r/FeedbackSeniorsFest23



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