

Frankston City Council

Seniors Festival 2025

Festival Program



CONNECT CREATE CELEBRATE

6–31 October



Bookings open 9am Monday 15 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.



We are thrilled to welcome you to the Frankston Seniors Festival 2025, a celebration of our vibrant senior community!

This year's theme, **Connect. Create. Celebrate.**, invites us to come together, build new friendships, explore creative passions, and celebrate the richness of our shared experiences. It's also a chance to discover activities and connections that can grow with you well into the future — sustainable, meaningful, and inspiring.

We're especially excited to announce our highlight event: **GYPsy — The Australian Fleetwood Mac Show**. Join us for this **free event on Saturday, 25 October**, and relive the magic of Fleetwood Mac with an unforgettable live performance!

We extend heartfelt thanks to our incredible local community groups. Your support and participation make this festival possible — and truly special. Together, we create lasting memories and a stronger, more connected community.

Bookings open at 9am on Monday, 15 September 2025, and are essential unless otherwise stated.

Thank you for being a part of the Frankston Seniors Festival.

Let's **connect, create, and celebrate** — together!



Free public transport

Sunday 5 October to Sunday 12 October 2025

Victorian Seniors Card holders can enjoy eight days of free travel across all public transport in Victoria, from Sunday 5 October to Sunday 12 October.

How to travel:

- Always carry your Seniors myki and Victorian Seniors Card.
- Touch on and off as usual—you won't be charged.
- On non-myki regional services, just show your Seniors Card.

Where you can go:

- Melbourne trains, trams and buses
- Regional trains, coaches and buses (including town services)
- Travel off-peak for a better chance of getting a seat

Booking for Regional Travel:

- Reserve seats for long-distance V/Line trains and some coaches
- Book from 10am Tuesday 2 September at your nearest station, agent or call 1800 800 007
- Free travel in economy class only
- Collect tickets within 48 hours of booking

- Group bookings (up to 19 for trains, 12+ for coaches) can be made in person: larger groups book online at vline.com.au/grouptravel
- Cancel if not travelling so others can use your reserved seat



Event	Time	Cost	Page
Monday 6 October			
Treasure and Tales	1.30pm	Free	14
Tuesday 7 October			
Walking Netball	9.30am	Gold coin	15
Feel the Rhythm: Drumming Workshop	11am	Free	16
Chatty Café	1.30pm	Free	16
Active Movers at PARC	12.30pm	Free	17
Tech session in the Library — Scams and ways to avoid them	2pm	Free	17
Starter Book Club — Book vs. Movie: Which one was better?	5.45pm	Free	18
Wednesday 8 October			
Tai Chi at PARC	8.30am	Free	18
Local History Chat and Hight Tea with Alan Wickes	10.30am	Free	19
Frankston CWA Devonshire Tea and Bingo	11am	Gold coin	19
Zumba	1pm	\$2	20
Dance Class Series — Class One	1.30pm	Free	21
Thursday 9 October			
Guided Walk at Sweetwater Creek Nature Reserve	9.30am	Free	22
Activities at Home presented by Dementia Australia	10am	Free	23
Crafty Connections	10am	Free	23
Get into Golf	10am	Free	24
Let's Talk Mental Health over a Cuppa and Chat	10am	\$5	25

Event	Time	Cost	Page
Thursday 9 October continued			
PARC Active Movers in the Library	10am	Free	26
Explore your Family History	11am	Free*	27
Walking Basketball Social Clinic	11am	Free	28
From Our Kitchen to Yours: Meals on Wheels Community Cooking Demo	12pm	Free	29
Active Movers at PARC	12.30pm	Free	29
Starter Book Club — Cosy Mysteries	1.30pm	Free	30
Starter Book Club — The Alibi Hour	6.30pm	Free	30
Walking Netball	7pm	Gold coin	31
You're invited to come and try Masters Athletics	7pm	Free	31
Experience the Magic Behind the Music — Open Rehearsal with the Frankston Symphony Orchestra	7.30pm	Free	32
Friday 10 October			
Walking Netball	9.30am	Gold coin	33
Downsizing Information Session	10am	Gold coin	33
Wingham Park Senior Activity Space	10.30am	Free	34
Mending and Sewing by Hand	11.30am	Free	34
Saturday 11 October			
parkrun Frankston	7.30am	Free	35
Denim N Lace Line Dancing in the Forecourt	10am	Free	36
Sunday 12 October			
Kananook Community Garden Open Day	10am	Free	36
Knit and Yarn	11am	Free	37

Event	Time	Cost	Page
Monday 13 October			
Monday Melodies — East Frankston Over 55s	12.30pm	Gold coin	37
Tuesday 14 October			
Friends at First Sight — Women's Kitchen Program	8.15am	Free	38
Walking Netball	9.30am	Gold coin	39
Downsizing Information Session	10am	Gold coin	39
Active Movers at PARC	12.30pm	Free	40
Chatty Café	1.30pm	Free	40
Wednesday 15 October			
Tai Chi at PARC	8.30am	Free	41
Morning Invitation — Probus Club of Frankston Friendship	10am	Free	41
Try your hand at croquet	10am	Free	42
Death Café	10.30am	Free	42
Dance Class Series — Class Two	1.30pm	Free	43
Unlocking the World of Ebooks and Audiobooks: A Guide to BorrowBox and Libby	2pm	Free	44
Thursday 16 October			
Crafty Connections	10am	Free	44
Get into Golf	10am	Free	45
Laughter Fitness Workshop	10am	\$5	46
PARC Active Movers in the Library	10am	Free	47
Devonshire Tea and Brain Games with CWA Frankston South	11am	Free	48
Explore your Family History	11am	Free*	48

Event	Time	Cost	Page
Thursday 16 October continued			
Walking Basketball Social Clinic	11am	Free	49
Active Movers at PARC	12.30pm	Free	49
Tech session in the Library – Let's talk about Artificial Intelligence	2pm	Free	50
Scrap Fabric Upcycling Workshop	5.30pm	Free	50
Walking Netball	7pm	Gold coin	51
You're invited to come and try Masters Athletics	7pm	Free	51
Friday 17 October			
Walking Netball	9.30am	Gold coin	52
Morning Tea and Guest Speaker — Frankston Combined Probus Club	9.45am	Free	52
Try your hand at croquet	10am	Free	53
Friends at First Sight — Men's Fishing at Mornington Pier	10.30am	Free	54
Treasure and Tales	11am	Free	55
Fishing at Mornington Pier	12.30pm	Free	56
Saturday 18 October			
parkrun Frankston	7.30am	Free	57
Pines Patch Community Garden Open Day	10am	Free	58
Author Talk — William McInnes	2pm	Free	58
Sunday 19 October			
Try your hand at croquet	10am	Free	59
Knit and Yarn	11am	Free	59

Event	Time	Cost	Page
Sunday 19 October continued			
Multicultural Celebrations at Orwil Street Community House	11am	Free	60
Sri Lankan Seniors Cultural Fest	3pm	Gold coin	60
Monday 20 October			
Elder's Rights Australia Information Session	10am	Free	61
Tuesday 21 October			
Friends at First Sight — Women's Kitchen Program	8.15am	Free	62
Walking Netball	9.30am	Gold coin	63
Experience Walking Football — The Beautiful Game, at Your Pace!	11.30am	Free	63
Active Movers at PARC	12.30pm	Free	64
Kalenka Russian Singing Group	1pm	Free	64
Chatty Café	1.30pm	Free	65
Wednesday 22 October			
Tai Chi at PARC	8.30am	Free	65
Frankston — A Photographic History	10.30am	Free	66
Dance Class Series — Class Three	1.30pm	Free	67
Musical Performance by John Carlo Bellotti	2pm	Free	68
Unlocking the World of Ebooks and Audiobooks: A Guide to BorrowBox and Libby	2pm	Free	69
Thursday 23 October			
Crafty Connections	10am	Free	69
Get into Golf	10am	Free	70

Event	Time	Cost	Page
Thursday 23 October continued			
Musical Melodies — with a Cuppa and Chat	10am	\$5	71
PARC Active Movers in the Library	10am	Free	71
Explore your Family History	11am	Free*	72
Walking Basketball Social Clinic	11am	Free	73
From Our Kitchen to Yours: Meals on Wheels Community Cooking Demo	12pm	Free	73
Active Movers at PARC	12.30pm	Free	74
Walking Netball	7pm	Gold coin	74
You're invited to come and try Masters Athletics	7pm	Free	75
Friday 24 October			
Walking Netball	9.30am	Gold coin	75
Creative Mending Workshop	11.30am	Free	76
Saturday 25 October			
Frankston Nature Conservation Reserve parkrun	7.30am	Free	77
Festival closing event GYPSY — The Australian Fleetwood Mac Show	4pm	Free	78
Sunday 26 October			
Langwarrin Community Garden — Celebrate the Joy of Gardening	10am	Free	80
JOTE Community Garden Open Day	10am	Free	81
Knit and Yarn	11am	Free	81
Tuesday 28 October			
Friends at First Sight — Women's Kitchen Event	8.15am	Free	82

Event	Time	Cost	Page
Tuesday 28 October continued			
Walking Netball	9.30am	Gold coin	83
Indoor Craft and Food Market	10am	Free	83
Active Movers at PARC	12.30pm	Free	84
Chatty Café	1.30pm	Free	84
Wednesday 29 October			
Tai Chi at PARC	8.30am	Free	85
Elio Simonetti — Works of Wonder	11am	Free	85
FrankTALK with Hugh Mackay	6pm	Free	86
Groove Back to the '60s: Social Dance Night	6.30pm	Free	87
Thursday 30 October			
Crafty Connections	10am	Free	88
Denim N Lace Line Dancing	10am	Free	88
Garden for Life Open Day	10am	\$5	89
Get into Golf	10am	Free	90
Explore your Family History	11am	Free*	91
Walking Basketball Social Clinic	11am	Free	91
Active Movers at PARC	12.30pm	Free	92
Walking Netball	7pm	Gold coin	92
You're invited to come and try Masters Athletics	7pm	Free	93
Friday 31 October			
Walking Netball	9.30am	Gold coin	93
Wingham Park Senior Activity Space	10.30am	Free	94

* First visit is free

Service Providers Booking on Behalf of Clients

When booking tickets on behalf of your clients, please ensure that carers are included in the total ticket count.

For example, if you are booking for two clients and each is accompanied by a carer, you will need to book a total of four tickets.




Monday 6 October


Treasure and Tales

Every item has a story — what's yours? Whether it's a cherished family heirloom, a collectible with character, or a souvenir from a memorable trip, we'd love to hear the tale behind it. If your item is too large to bring, feel free to share a photo instead. Not ready to share? No problem — come along, enjoy the stories, and simply listen. Refreshments will be served. This event is hosted by Mental Health and Wellbeing Local.

 454 Nepean Highway, Frankston

 1.30–3.30pm

 Free

 Maximum of 15 tickets per booking
Matt, 0466 357 517

 Wheelchair access



CONNECT CREATE CELEBRATE



Tuesday 7 October

Come and Try Walking Netball

Walking Netball is a slower version of the game; it is netball, but at a walking pace. Designed so anyone can play, regardless of age, ability or fitness level; it's a great way to get or stay active. Increase your fitness, have fun and meet new friends. Walking Netball focuses on fun and participation. No bookings required, just turn up.

 Jubilee Park Stadium
83R–85R Hillcrest Road, Frankston

 9.30–11am

 Gold Coin

 Wheelchair
access



Tuesday 7 October continued


Feel the Rhythm: Drumming Workshop

Join us for a fun and uplifting drumming workshop designed especially for seniors! No experience is needed—just a willingness to try something new. Led by an experienced facilitator, this hands-on session is all about rhythm, movement, and connection. Discover the joy of making music in a relaxed, welcoming environment. Drums and percussion instruments will be provided. Come along, make some noise and feel the beat!

 Frankston North Community Centre
26 Mahogany Avenue, Frankston North

 11am–12pm

 Free

 Maximum of 2 tickets per bookings
trybooking.com/DCQGD or call Council on
1300 322 322

Chatty Café

Join us at Chatty Cafe at Frankston Library every Tuesday. Grab a coffee from a local café and engage in friendly conversation. This initiative aims to connect the community and alleviate loneliness. No bookings required—just come by and join the chat!

 Frankston Library, 60 Playne Street, Frankston

 1.30–3.30pm

 Free

 Wheelchair access

Active Movers at Peninsula Aquatic Recreation Centre

Come along to PARC and experience the benefits of our free Active Movers group exercise class. This fun class is designed for those who want a low intensity circuit workout. Great for beginners! Please present your Seniors Card on arrival before your class. Bookings essential.

 PARC, 16N Cranbourne Road, Frankston

 12.30–1.30pm

 Free


 PARC, 9781 8444

 Wheelchair access

Tech Session in the Library — Scams and ways to avoid them

An informative session covering common scams, followed by an interactive discussion on strategies to protect ourselves. Bookings are essential due to limited places.

 Frankston Library
60 Playne Street, Frankston

 2–3.30pm

 Free

 Frankston Library, 9784 1020

 Wheelchair access

Tuesday 7 October continued

Starter Book Club — Book vs. Movie: Which one is better?

Ever wanted to try out being in a book club? Enjoy books that have become films? Meet with like-minded people to discuss the best (and worst) of book to film adaptations. Perfect for readers, movie buffs, and anyone who loves a good story told twice. Books, coffee, tea and great conversation provided.



Frankston Library, 60 Playne Street, Frankston



5.45–6.45pm



Free



Frankston Library, 9784 1020



Wheelchair access

Wednesday 8 October

Tai Chi at Peninsula Aquatic Recreation Centre

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. Please present your Seniors Card on arrival before your class. Bookings essential.



PARC, 16N Cranbourne Road, Frankston



8.30–9.30am



Free



PARC, 9781 8444



Wheelchair access

Local History Chat and High Tea with Alan Wickes

Join us for a local history chat, with a High Tea twist. We will welcome local history author, Alan Wickes, for a special high tea and presentation, paying homage to his new book, "The Fernery - Frankston's High Society". While enjoying a classic high tea, we will delve into the story and family, behind the enterprising Fernery, which stood at the centre of Frankston's who's who through the World Wars and Great Depression.



Frankston Library, 60 Playne Street, Frankston



10.30am–12pm



Free



Frankston Library, 9784 1020



Wheelchair access

Frankston CWA Devonshire Tea and Bingo

Join us for a delightful morning of fun and creativity! Enjoy Devonshire Tea while learning scarf tying techniques and gift-wrapping ideas from 11am to 12pm. Stay on for an exciting round of Bingo from 12–1pm!



CWA Frankston
33 Beach Street, Frankston



11am–1pm



Free entry or gold coin donation for Devonshire Tea



Judith, 0407 871 179



Wheelchair access

Wednesday 8 October continued

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



1–2pm



\$2



Leah, 0487 320 560 or
Anna, 0434 050 054



Wheelchair



Dance Class Series — Class One

Back by popular demand after its huge success last year! Here's your chance to learn to dance, make new friends, and stay active. Whether you're brand new to dancing or just a little rusty, these classes are designed to be welcoming and enjoyable for everyone.

This year, we're turning back the clock and focusing on the fabulous dance styles of the 1960s! Led by the talented Susan, each class will take you through iconic moves from the era, all in a relaxed and inclusive environment.

As part of the Festival, a dance class will be held each Wednesday for three consecutive weeks, culminating in a Groove Back to the '60s: Social Dance Night with live music from the WipeOuts! A fun chance to show off your new moves and enjoy a great night out. You're welcome to attend one, two, or all three classes in the lead-up to the big night.

Each class wraps up with a cuppa and a chat, so there's plenty of time to connect and socialise.

Please do not wear backless shoes.



Bruce Park Hall
1/19N Bondi Ave, Frankston



1.30–2.30pm



Free (Bookings essential)



Maximum of 2 tickets per booking



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

Thursday 9 October

Guided Walk at Sweetwater Creek Nature Reserve

Enjoy a scenic guided walk along beautiful walking trails and boardwalks, featuring stunning views of Sweetwater Creek and the surrounding native bushland. After the walk, relax and connect over a delicious morning tea hosted by the Action Sweetwater Creek Volunteers.



Sweetwater Creek Nature Reserve noticeboard
Enter via the laneway between 47 and 49 Fleetwood Crescent, Frankston South



9.30–11.30am



Free



Jenny, 0412 844 112



Activities at Home presented by Dementia Australia

This practical session assists carers looking after someone at home to plan engaging activities. It promotes independence and wellbeing by focusing on what the person with dementia can still do. Dementia Australia's facilitators have specialist dementia knowledge, skills, and experience.

This session is delivered interactively; you will be encouraged to share your experiences alongside other participants giving you an opportunity to develop new support networks.



Frankston South Community Centre
55 Towerhill Road, Frankston South



10am–12.30pm



Free



Jo, 0482 160 629



Wheelchair access

Crafty Connections

Bring along your current craft project to work on in a fun and relaxed crafty environment.

All craft styles and skill level are welcome.

A great way to connect with your community and library, learn new skills and meet new people. No bookings required, just turn up.



Frankston Library, 60 Playne Street, Frankston



10–11am



Free



Wheelchair access

Thursday 9 October continued

Get into Golf

Interested in learning golf and starting with the basics? Get into Golf is the perfect program for you.

Designed for adults of all ages and skill levels, sessions are run in small groups and focus on building confidence while teaching the fundamentals of the game.

It's more than just learning how to swing a club- it's about enjoying the experience. Each session is fun, relaxed and tailored to make golf enjoyable and stress-free.

Limited to just 8 participants per session, bookings essentials.



Centenary Park Golf Club
Centenary Park Drive,
Langwarrin



10–11am



Free



Maximum of
1 ticket per
booking
Golf Shop
9789 1480



Let's Talk Mental Health — Over a Cuppa and Chat

Looking after our mental wellbeing matters at every stage of life. Join us for a relaxed cuppa and chat with special guests from Mental Health & Wellbeing Local. Explore practical activities and helpful resources to support your own mental health — and learn ways to support friends and family too. Everyone welcome.



Coffee on Kareela Community Café
53 Kareela Road, Frankston East



10am–12pm



\$5 for welcome cuppa and cookie (additional refreshments at friendly café prices)



Liz, 0401 523 875



Wheelchair access



Thursday 9 October continued

PARC Active Movers in the Library

Join us at your local Frankston library for PARC Active Movers, a fun and low-impact fitness class designed especially for older adults and those with limited mobility. Delivered by friendly PARC instructors, this seated class focuses on gentle movements to boost strength, flexibility, and overall wellbeing — all at a pace that suits you.

We're bringing the energy of PARC into the libraries!

-  Frankston Library
60 Playne Street, Frankston
-  10–11am
-  Free
-  Frankston Library, 9784 1020
-  Wheelchair access



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 Centre
55 Towerhill Road, Frankston South
-  11am–2pm
-  First visit is free
-  9783 7058
-  Wheelchair access




Thursday 9 October continued

Walking Basketball Social Clinic

Get moving, have a laugh, and make new friends with Walking Basketball – the fun, low-impact way to stay active! Perfect for anyone looking to ease into exercise or bounce back after an injury, this social clinic is all about enjoying the game at your own pace.

After the session, stick around for a cuppa and some light refreshments while you chat and connect with fellow players. Come for the basketball, stay for the banter! No bookings necessary.

 Jubilee Park Stadium
83R-85R Hillcrest Road,
Frankston

 11am–12pm

 Free

 Wheelchair access




From Our Kitchen to Yours: Meals on Wheels Community Cooking Demo

Looking for inspiration and ideas for simple, delicious meals? Join Frankston City Council's Meals on Wheels Chef for a live cooking demonstration featuring one of our favourite dishes. You'll also discover the volunteer roles that help bring this program to life—and how you might get involved!

 210 Beach Street, Frankston

 12–2pm

 Free


 Maximum number of 8 tickets per booking
Matt, 9768 1624

 Wheelchair access

Active Movers at Peninsula Aquatic Recreation Centre

Come along to PARC and experience the benefits of our free Active Movers group exercise class. This fun class is designed for those who want a low intensity circuit workout. Great for beginners! Please present your Seniors Card on arrival before your class. Bookings essential.

 PARC, 16N Cranbourne Road, Frankston

 12.30–1.30pm

 Free

 PARC, 9781 8444

 Wheelchair access

Thursday 9 October continued

Starter Book Club — Cosy Mysteries

Ever wanted to try out being in a book club? Love a good whodunnit? Meet with like-minded people to delve into charming plots and clever twists, where brilliant and not-so brilliant sleuths take centre stage. Perfect for anyone who enjoys a cosy mystery full of intrigue, heart, and just the right amount of suspense. Books, coffee, tea and great conversation provided.

 Langwarrin Customer Service Centre, Shop 6, The Gateway
230 Cranbourne-Frankston Road Langwarrin

 1.30–2.30pm

 Free

 Frankston Library, 9784 1020

 Wheelchair access

Starter Book Club — The Alibi Hour

Ever wanted to try out being in a book club? Like your fiction fast-paced and full of suspense, action and adventure? Meet with like-minded action fiction fans to discuss the twists, turns and jump scares of some great suspense novels. Books, coffee, tea and great conversation provided.

 Carrum Downs Library, 203 Lyrebird Drive, Carrum Downs

 6.30–7.30pm

 Free

 Frankston Library, 9784 1020


 Wheelchair access

Come and Try Walking Netball

Walking Netball is a slower version of the game; it is netball, but at a walking pace. Designed so anyone can play, regardless of age, ability or fitness level; it's a great way to get or stay active. Increase fitness, have fun and meet new friends. Walking Netball focuses on fun and participation.

No booking required, just turn up.

 Jubilee Park Stadium
83R-85R Hillcrest Road, Frankston

 7–8pm

 Gold coin


 Wheelchair access

You're invited to come and try Masters Athletics

Looking to get active, meet new people, and challenge yourself? Come along to the Masters Athletics 'Come and Try' session and experience the fun, fitness, and friendship of track and field — no matter your current fitness level! Stay afterwards and join us for a delicious supper.

No booking required, just turn up.

 Ballam Park Athletics Track
Benanee Avenue, Frankston

 7–8.30pm

 Free

Thursday 9 October continued

Experience the Magic Behind the Music — Open Rehearsal with FSO

Come along and sit in on an open rehearsal as the Frankston Symphony Orchestra begins preparations for their upcoming school performance.

Watch Maestro Thaddeus Huang in action as he guides the orchestra from warm-up to full rehearsal, sharing insights into the process of shaping a memorable musical experience. See how our talented community musicians come together to create something truly special!



Cube 37 (Frankston Art Centre, FAC)
25–37 Davey Street, Frankston



7.30–8.30pm



Free



Open at 10am on 16 September. Maximum 5 ticket per booking

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



Wheelchair access

Friday 10 October

Come and Try Walking Netball

Walking Netball is a slower version of the game; it is netball, but at a walking pace. Designed so anyone can play, regardless of age, ability or fitness level; it's a great way to get or stay active. Increase fitness, have fun and meet new friends. Walking Netball focuses on fun and participation. No bookings required, just turn up.



Jubilee Park Stadium
83R-85R Hillcrest Road, Frankston



9.30–11am



Gold coin



Wheelchair access

Downsizing Information Session

Considering downsizing? Is your home becoming too hard to manage? Join Julia Dyer for expert, independent advice. Discover how to simplify the process, reduce stress, and feel empowered about your next move. Leave with a strategic plan and handy cost-effective tips. Not to be missed.



Frankston South Community Centre
55 Towerhill Road, Frankston South



10am–12pm



Gold coin



Maximum of 2 tickets per booking
Julia, 0404 293 485



Wheelchair access

Friday 10 October continued

Wingham Park Senior Activity Space

Looking for an exciting way to stay active and connect with others? The Wingham Park Senior Activity Space is an outdoor activity space with stations specifically designed to reduce the risk of falls. Each movement helps improve balance, strength, functional movement and mobility. Our friendly trained volunteers will show you how to use the equipment safely, stay for a chat and a FREE coffee afterwards!



Wingham Park, 103 Ashleigh Avenue, Frankston



10.30–11.30am



Free



Johanna: 0438 902 205 or email positiveageing@frankston.vic.gov.au

Mending and Sewing by Hand

Join Frankston City Libraries and the Waste Circularity Team for an introduction to mending and hand-sewing basics! Bring a clothing item needing repairs — no experience necessary. We'll provide tools and supplies. Feel free to bring any specific threads or buttons. Attend this free session to learn and save your clothes!



Frankston Library, 60 Playne Street, Frankston



11.30am–1pm



Free



Frankston Library, 9784 1020



Wheelchair access

Saturday 11 October

parkrun — Frankston Nature Conservation Reserve

Come along to the Frankston Nature Conservation Reserve parkrun and be part of a fun, friendly 5km walk. parkrun is a global, free, community event held every Saturday morning — and it's open to everyone, whether you're a seasoned runner or just getting started.

Frankston City Council's Positive Ageing team will be on site to support new participants, help with registration, and walk alongside the Seniors Festival group. Look out for our banner at the entrance and enjoy the fresh air, social connection and sense of achievement that parkrun brings.

No special clothing or equipment is required — just wear something comfortable and come as you are!

Note: please ensure that you are fit enough to walk, jog or run the 5km course; it includes some undulating hills.



Frankston Nature Conservation Reserve
Jeremy Way, Frankston South

Please meet at the 'Seniors Festival' banner.



7.30am



FREE but please register with parkrun beforehand (website below)

If you need help registering, Positive Ageing staff will be available on the day to assist you.



No booking required, just turn up.
parkrun.com.au/frankstonnatureconservationres/

Saturday 11 October continued

Denim N Lace Line Dancing

Discover the joy of line dancing — a fun, easy-to-follow way to stay active, enjoy great music, and connect with others! You're invited to a free and friendly session with Nic, featuring a lively demonstration and an all-abilities class. No partner or experience needed — just bring your energy and enthusiasm! This event is presented by Frankston Libraries. No booking required, just turn up.



Frankston Library Forecourt
60 Playne Street, Frankston



10–11.30am



Free



Wheelchair access

Sunday 12 October

Kananook Community Garden Seniors Open Day

Come and explore the charm of Kananook Community Garden at our Open Garden Day! Enjoy complimentary tea, coffee, and homemade treats, join a guided tour of the garden, meet our welcoming members of all ages, and take home free plants and fresh produce. No booking required, just turn up.



33R Kirkwood Avenue, Seaford



10am–12.30pm



Free

Knit and Yarn

Join us at the library for community knitting sessions! All supplies provided, and everyone is welcome — whether you're a novice or pro. Enjoy a cosy atmosphere with tea and coffee, and feel free to work on individual projects or collaborate. Come make new friends and share your love for knitting! No booking required, just turn up.



Frankston Library
60 Playne Street, Frankston



11am–1pm



Free



Wheelchair access

Monday 13 October

Monday Melodies — East Frankston Over 55s

Come along and be entertained by Alex Matthews, singing all his popular songs, and if you feel like dancing please do so. A light afternoon tea will follow.



Leawarra House
200 Beach Street, Frankston



12.30–3pm



Gold coin



Lauraine, 0403 729 906



Wheelchair access

Tuesday 14 October






Friends at First Sight — Women's Kitchen and Garden Event at Government House

Friends at First Sight events are all about making new social connections — that's why each person can book one ticket only.

Step into the charm of Government House and enjoy a guided tour of its magnificent grounds and lush gardens. Get hands-on in the kitchen with fresh produce from the kitchen garden and savour the delicious dishes you help prepare. You might also try foraging for plants and flowers to create your own stunning floral arrangements.





A perfect day of discovery, connection and great food in an unforgettable setting! Spaces are limited and bookings are essential.

Please note: If you participated in 2024, you won't be eligible to attend this year — we want to spread the love.

-  Meet at 8.15am at the front of the Frankston Civic Centre 30 Davey Street, Frankston
-  Bus will return to Frankston at approximately 3.30pm
-  Free
-  Maximum 1 ticket per booking
-  trybooking.com/DCETN or call Council, 1300 322 322






Come and Try Walking Netball

Walking Netball is a slower version of the game; it is netball, but at a walking pace. Designed so anyone can play, regardless of age, ability or fitness level; it's a great way to get or stay active. Increase fitness, have fun and meet new friends. Walking Netball focuses on fun and participation. No bookings required, just turn up.

-  Jubilee Park Stadium
83R-85R Hillcrest Road, Frankston
-  9.30–11am
-  Gold coin
-  Wheelchair access

Downsizing Information Session

Considering downsizing? Is your home becoming too hard to manage? Join Julia Dyer for expert, independent advice. Discover how to simplify the process, reduce stress, and feel empowered about your next move. Leave with a strategic plan and handy cost-effective tips. Not to be missed.

-  Seaford Hotel
362 Frankston-Dandenong Road, Seaford
-  10am–12pm
-  Gold coin
-  Maximum of 2 tickets per booking
Julia, 0404 293 485
-  Wheelchair access

Tuesday 14 October continued

Active Movers at Peninsula Aquatic Recreation Centre

Come along to PARC and experience the benefits of our free Active Movers group exercise class. This fun class is designed for those who want a low intensity circuit workout. Great for beginners! Please present your Seniors Card on arrival before your class. Bookings essential.



PARC
16N Cranbourne Road, Frankston



12.30–1.30pm



Free



PARC, 9781 8444



Wheelchair access

Chatty Café

Join us at 'Chatty Café' at Frankston Library every Tuesday. Grab a coffee from a local café and engage in friendly conversation. This initiative aims to connect the community and alleviate loneliness. No bookings required — just come by and join the chat!



Frankston Library
60 Playne Street, Frankston



1.30–3.30pm



Free



Wheelchair access

Wednesday 15 October

Tai Chi at Peninsula Aquatic Recreation Centre

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. Please present your Seniors Card on arrival before your class. Bookings essential.



PARC, 16N Cranbourne Road, Frankston



8.30–9.30am



Free



PARC, 9781 8444



Wheelchair access

Friendship Morning Invitation — Probus Club of Frankston Inc.

You are invited to attend this special morning: an introduction to the Probus motto of Friendship, Fellowship and Fun. A short film illustrating the Club's outings and activities will be screened, followed by a short movie of local interest. Refreshments will be served with plenty of time for a chat.



Frankston RSL (pavilion at rear)
183 Cranbourne Rd, Frankston



10–11.30am



Free



Mary, 0418 568 234



Wheelchair access

Wednesday 15 October continued

Try Your Hand at Croquet

Looking for a fun, relaxing way to enjoy the outdoors and connect with others? Come give croquet a try! Whether you're a total beginner or a seasoned pro, everyone is welcome. Bring your friends, family, or just yourself — we'll provide the equipment and show you the ropes. Laughter and light competition guaranteed!



Frankston Croquet Club
61N Nolan Street, Frankston



10am–2pm



Free



Maximum of 12 tickets per booking.
Fay, 0407 342 562

Death Café

Join Jennifer from Death Cafe Australia as the group discusses palliative care in an open and safe environment.



Frankston South Community Centre
55 Towerhill Road, Frankston South



10.30am–12pm



Free



Maximum of 4 tickets per booking.
Reception, 9293 7122



Wheelchair access

Dance Class Series — Class Two

Join us for the second of three fun and inclusive dance classes! Build on what you've learned or jump in fresh—everyone's welcome. Stick around after class for a cuppa and a chat.

This year, we're turning back the clock and focusing on the fabulous dance styles of the 1960s! Led by the talented Susan, each class will take you through iconic moves from the era, all in a relaxed and inclusive environment.

As part of the Festival, a dance class will be held each Wednesday for three consecutive weeks, culminating in a celebratory night of dancing with a live band. You're welcome to attend one, two, or all three classes in the lead-up to the big night.

Each class wraps up with a cuppa and a chat, so there's plenty of time to connect and socialise.

Please do not wear backless shoes.



Bruce Park Hall
1/19N Bondi Ave, Frankston



1.30–2.30pm



Free (Bookings essential)




Maximum of 2 tickets per booking
trybooking.com/DCWDN or phone Council on
1300 322 322

Wednesday 15 October continued

Unlocking the World of Ebooks and Audiobooks: A Guide to BorrowBox and Libby

Want to listen to audiobooks on the go? Discover how to access audiobooks and more on your device and get started with hands-on help with library e-resources. Bring in your device and library card.

 Frankston Library, 60 Playne Street, Frankston

 2–3pm

 Free

 Frankston Library, 9784 1020

 Wheelchair access

Thursday 16 October

Crafty Connections

Bring along your current craft project to work on in a fun and relaxed crafty environment.

All craft styles and skill levels are welcome.

A great way to connect with your community and library, learn new skills and meet new people. No booking required, just turn up.

 Frankston Library, 60 Playne Street, Frankston

 10–11am

 Free

 Wheelchair access

Get into Golf

Interested in learning golf and starting with the basics? Get into Golf is the perfect program for you.

Designed for adults of all ages and skill levels, sessions are run in small groups and focus on building confidence while teaching the fundamentals of the game.

It's more than just learning how to swing a club- it's about enjoying the experience. Each session is fun, relaxed and tailored to make golf enjoyable and stress-free.

Limited to just 8 participants per session, bookings essentials.

 Centenary Park Golf Club
Centenary Park Drive,
Langwarrin

 10–11am

 Free

 Maximum of 1
ticket per booking
Golf Shop,
9789 1480



Thursday 16 October continued

Laughter Fitness Workshop

Join Natalie, an experienced laughter coach, for a fun and uplifting session exploring the many benefits of laughter for our body, mind, and mood. You'll learn how laughter can boost your wellbeing—and enjoy some light-hearted, easy laughter exercises along the way. All abilities are warmly welcome.



Coffee on Kareela Community Café
53 Kareela Road, Frankston East



10am–12pm



\$5



Liz, 0401 523 875



Wheelchair access

**CONNECT
CREATE
CELEBRATE**



PARC Active Movers in the Library

Join us at your local Frankston library for PARC Active Movers, a fun and low-impact fitness class designed especially for older adults and those with limited mobility. Delivered by friendly PARC instructors, this seated class focuses on gentle movements to boost strength, flexibility, and overall wellbeing — all at a pace that suits you.

We're bringing the energy of PARC into the libraries!



Frankston Library
60 Playne Street, Frankston



10–11am



Free



Frankston Library, 9784 1020



Wheelchair access



Bookings open Monday 15 September

Thursday 16 October continued

Devonshire Tea and Brain Games with CWA Frankston South

Join the lovely CWA Frankston South ladies for a delightful Devonshire Tea, friendly conversation with the option to relax with puzzles or mindful colouring.



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



11am–12.30pm



Free



Maximum of 15 tickets per booking.
Anne, 0478 733 020



Wheelchair access

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 Centre
55 Towerhill Road, Frankston South



11am–2pm



First visit is free



9783 7058



Wheelchair access

Walking Basketball Social Clinic

Get moving, have a laugh, and make new friends with Walking Basketball – the fun, low-impact way to stay active! Perfect for anyone looking to ease into exercise or bounce back after an injury, this social clinic is all about enjoying the game at your own pace.

After the session, stick around for a cuppa and some light refreshments while you chat and connect with fellow players. Come for the basketball, stay for the banter! No bookings necessary.



Jubilee Park Stadium
83R–85R Hillcrest Road, Frankston



11am–12pm



Free



Wheelchair access

Active Movers at Peninsula Aquatic Recreation Centre

Come along to PARC and experience the benefits of our free Active Movers group exercise class. This fun class is designed for those who want a low intensity circuit workout. Great for beginners! Please present your Seniors Card on arrival before your class. Bookings essential.



PARC, 16N Cranbourne Road, Frankston



12.30–1.30pm



Free



PARC, 9781 8444



Wheelchair access

Thursday 16 October continued

Tech session in the Library — Let's talk about Artificial Intelligence

An informative session introducing artificial intelligence (AI), with a focus on understanding its benefits and how it can enhance everyday life.



Frankston Library
60 Playne Street, Frankston



2–3.30pm



Free



Frankston Library, 9784 1020



Wheelchair access

Scrap Fabric Upcycling Workshop

Save your favourite clothing from landfill!

Frankston City Libraries, with the Frankston Council Waste Circularity Team are excited to present this workshop showing how to create something new from old worn-out clothing!



Lyrebird Community Centre
203 Lyrebird Drive, Carrum Downs



5.30–7.30pm



Free



Frankston Library, 9784 1020



Wheelchair access

Come and Try Walking Netball

Walking Netball is a slower version of the game; it is netball, but at a walking pace. Designed so anyone can play, regardless of age, ability or fitness level; it's a great way to get or stay active. Increase fitness, have fun and meet new friends. Walking Netball focuses on fun and participation. No booking required, just turn up.



Jubilee Park Stadium
83R–85R Hillcrest Road, Frankston



7–8pm



Gold coin



Wheelchair access

You're invited to come and try Masters Athletics

Looking to get active, meet new people, and challenge yourself? Come along to the Masters Athletics 'Come and Try' session and experience the fun, fitness, and friendship of track and field — no matter your current fitness level! Stay afterwards and join us for a delicious supper. No booking required, just turn up.



Ballam Park Athletics Track
Benanee Avenue, Frankston



7–8.30pm



Free

Friday 17 October

Come and Try Walking Netball

Walking Netball is a slower version of the game; it is netball, but at a walking pace. Designed so anyone can play, regardless of age, ability or fitness level; it's a great way to get or stay active. Increase fitness, have fun and meet new friends. Walking Netball focuses on fun and participation. No bookings required, just turn up.

 Jubilee Park Stadium
83R-85R Hillcrest Road, Frankston

 9.30–11am

 Gold coin

 Wheelchair access


Morning Tea and Guest Speaker — Frankston Combined Probus Club

Please join the Frankston Combined Probus Club for morning tea and enjoy an interesting and entertaining guest speaker. This club offers many varied activities and outings while keeping active and making new friends in retirement.

 Frankston Bowls Club
Corner of Yuille and Williams Street, Frankston

 9.45am–12pm

 Free


 Leah, 0450 916 366

 Wheelchair access


Try Your Hand at Croquet

Looking for a fun, relaxing way to enjoy the outdoors and connect with others? Come give croquet a try! Whether you're a total beginner or a seasoned pro, everyone is welcome. Bring your friends, family, or just yourself — we'll provide the equipment and show you the ropes. Laughter and light competition guaranteed!

 Frankston Croquet Club, 61N Nolan Street, Frankston

 10am–2pm

 Free

 Maximum of 12 tickets per booking. Fay, 0407 342 562



Friday 17 October continued

Friends at First Sight — Men's Fishing at Mornington Pier

Join us for a relaxed morning of fishing and friendship at Mornington Pier. Friends at First Sight events are all about creating new social connections, so each person can book one ticket only.

No fishing experience or gear? No problem! FishCare Victoria will provide expert guidance and all equipment. Enjoy a delicious fish and chips lunch while swapping stories and soaking in the bay views. Spaces are limited, so book early.

Please remember to wear closed-toe shoes, bring sunscreen, and dress for the weather.

 Mornington Pier,
Schnapper Point Drive, Mornington

 10.30am–1pm (includes lunch)

 Free

 Maximum of 1 ticket per booking
trybooking.com/DCQSU
or call Council
on 1300 322 322



Treasure and Tales

Every item has a story — what's yours? Whether it's a cherished family heirloom, a collectible with character, or a souvenir from a memorable trip, we'd love to hear the tale behind it. If your item is too large to bring, feel free to share a photo instead. Not ready to share? No problem — come along, enjoy the stories, and simply listen. Refreshments will be served. This event is hosted by Mental Health and Wellbeing Local.

 Mental Health and Wellbeing Local
454 Nepean Highway, Frankston

 11am–1pm

 Free

 Maximum of 15 tickets
per booking
Matt, 0466 357 517

 Wheelchair access




Friday 17 October continued

Fishing at Mornington Pier


Join us for a relaxed afternoon of fishing and friendship at Mornington Pier. No fishing experience or gear? No problem! FishCare Victoria will provide expert guidance and all equipment. Enjoy a delicious fish and chips lunch at 12.30pm while swapping stories and soaking in the bay views. Spaces are limited, so book early.

Please remember to wear closed-toe shoes, bring sunscreen, and dress for the weather.

 Mornington Pier,
Schnapper Point Drive,
Mornington

 12.30–3pm

 Free

 Maximum of 2 tickets
per booking
trybooking.com/DCQTD
or call Council on
1300 322 322



Saturday 18 October

parkrun — Frankston Nature Conservation Reserve

Come along to the Frankston Nature Conservation Reserve parkrun be part of a fun, friendly 5km walk, jog or run. Parkrun is a global, free, community event held every Saturday morning — and it's open to everyone, whether you're a seasoned runner or just getting started.

Frankston City Council's Positive Ageing team will be on site to support new participants, help with registration, and walk alongside the Seniors Festival group. Look out for our banner at the entrance and enjoy the fresh air, social connection and sense of achievement that parkrun brings.

No special clothing or equipment is required — just wear something comfortable and come as you are!


Note: please ensure that you are fit enough to walk, jog or run the 5km course; it includes some undulating hills.

 Frankston Nature Conservation Reserve
Jeremy Way, Frankston South

Please meet at the 'Seniors Festival' banner.

 7.30am

 FREE but please register with parkrun beforehand
(website below)

 If you need help registering, Positive Ageing staff will be available on the day to assist you.

No booking required, just turn up.

parkrun.com.au/frankstonnatureconservationres/

Saturday 18 October continued

Pines Patch Community Garden Open Day

Join us for a relaxed and welcoming open day! Browse a great selection of low-cost plants available by donation and enjoy complimentary tea, coffee, biscuits and cake while you explore the garden. No bookings required, just turn up.



Pines Garden Patch
14 Stringybark Crescent, Frankston North



10am–3pm



Free



Wheelchair access

Author Talk — William McInnes

Frankston City Libraries invites you to join beloved Australian actor and author William McInnes for a warm, witty conversation about life, stories, and his brand-new book. Don't miss this special event filled with laughter, insight, and charm.



Frankston Arts Centre
27–37 Davey Street, Frankston



2–4pm



Free



Bookings: Frankston Library, 9784 1020



Wheelchair access

Sunday 19 October

Try Your Hand at Croquet

Looking for a fun, relaxing way to enjoy the outdoors and connect with others? Come give croquet a try! Whether you're a total beginner or a seasoned pro, everyone is welcome. Come with friends, or just yourself — we'll provide the equipment and show you the ropes. Laughter and light competition guaranteed! Please wear flat-soled shoes.



Frankston Croquet Club, 61N Nolan Street, Frankston



10am–2pm



Free



Maximum of 12 tickets per booking.
Fay, 0407 342 562

Knit and Yarn

Join us at the library for community knitting sessions! All supplies provided, and everyone is welcome—whether you're a novice or pro. Enjoy a cosy atmosphere with tea and coffee, and feel free to work on individual projects or collaborate. Come make new friends and share your love for knitting! No booking required, just turn up.



Frankston Library, 60 Playne Street, Frankston



11am–1pm



Free




Wheelchair access

Sunday 19 October continued


Multicultural Celebrations at Orwil Street Community House

Join the Chinese and South American Seniors groups for a vibrant celebration featuring delicious food, Tai Chi demonstration, singing and outdoor games.

 Orwil Street Community House Inc
16 Orwil Street, Frankston

 11am–2pm

 Free


 Karen, 9783 5073

 Wheelchair access


Sri Lankan Seniors Cultural Fest

The Carrum Downs Sri Lankan Seniors warmly invite you to celebrate Sri Lankan culture with authentic food, traditional dancing and songs. This is an opportunity to have some fun with this vibrant group.

 A.H. Talbot Hall
6R Broughton Street, Seaford

 3–4pm

 Gold coin donation


 Maximum of 2 tickets per booking
Rohini, 0402 109 536


 Wheelchair access

Monday 20 October


Elder's Rights Australia Information Session

Join us to hear from Elder's Rights Australia to learn and understand your rights when receiving aged care services. Elder's Rights Australia provides information, advocacy, and social support to people seeking access to or using residential or in-home aged care services.

 Karingal PLACE
Neighbourhood Centre
103 Ashleigh Avenue,
Frankston

 10–11:30am

 Free

 Reception, 8786 6650

 Wheelchair access



Tuesday 21 October

Friends at First Sight — Women's Kitchen and Garden Event at Government House

Friends at First Sight events are all about making new social connections — that's why each person can book one ticket only.

Step into the charm of Government House and enjoy a guided tour of its magnificent grounds and lush gardens. Get hands-on in the kitchen with fresh produce from the kitchen garden and savour the delicious dishes you help prepare. You might also try foraging for plants and flowers to create your own stunning floral arrangements.

A perfect day of discovery, connection and great food in an unforgettable setting! Spaces are limited and bookings are essential.

Please note: If you participated in 2024, you won't be eligible to attend this year — we want to spread the love.



Meet at 8.15am at the front of the Frankston Civic Centre
30 Davey Street, Frankston



Bus will return to Frankston at approximately 3.30pm



Free



Maximum 1 ticket per booking
trybooking.com/DCETN or call Council, 1300 322 322

Come and Try Walking Netball

Walking Netball is a slower version of the game; it is netball, but at a walking pace. Designed so anyone can play, regardless of age, ability or fitness level; it's a great way to get or stay active. Increase fitness, have fun and meet new friends. Walking Netball focuses on fun and participation. No bookings required, just turn up.



Jubilee Park Stadium
83R–85R Hillcrest Road, Frankston



9.30–11am



Gold coin



Wheelchair access

Experience Walking Football — The Beautiful Game, at Your Pace!

New to the game or feeling unsure? Come along to learn some basic skills and enjoy a friendly match in a welcoming and inclusive environment. No booking necessary.



Frankston South Community Centre
55 Towerhill Road, Frankston South



11.30am–12.30pm



Free



Reception, 9293 7122



Wheelchair access

Tuesday 21 October continued






Active Movers at Peninsula Aquatic Recreation Centre

Come along to PARC and experience the benefits of our free Active Movers group exercise class. This fun class is designed for those who want a low intensity circuit workout. Great for beginners! Please present your Seniors Card on arrival before your class. Bookings essential.

-  PARC
16N Cranbourne Road, Frankston
-  12.30–1.30pm
-  Free
-  PARC, 9781 8444
-  Wheelchair access





Kalenka Russian Singing Group

A singing group that performs traditional and folklore songs in Russian, English, French and more. Come along for this cultural experience. Refreshments provided. Bookings essential.

-  6R Broughton Street,
Seaford
-  1–3pm
-  Free
-  Luba, 0451 035 645
-  Wheelchair access

Chatty Café

Join us at 'Chatty Café' at Frankston Library every Tuesday. Grab a coffee from a local café and engage in friendly conversation. This initiative aims to connect the community and alleviate loneliness. No bookings required—just come by and join the chat!

-  Frankston Library
60 Playne Street, Frankston
-  1.30–3.30pm
-  Free
-  Wheelchair access

Wednesday 22 October

Tai Chi at Peninsula Aquatic Recreation Centre

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. Please present your Seniors Card on arrival before your class. Bookings essential.

-  PARC
16N Cranbourne Road, Frankston
-  8.30–9.30am
-  Free
-  PARC, 9781 8444
-  Wheelchair access

Wednesday 22 October continued

Frankston — A Photographic History

Showcasing highlights from our historical photographs that capture everyday life, landmarks, and some significant events in Frankston's history. These images tell the stories of the people, places, and moments that have shaped our city into what it is today.

Join us for morning tea, coffee, and cake as we all share our local knowledge and personal memories. Together we can continue to share, and preserve and document our rich, collective history.



Frankston Library,
60 Playne Street,
Frankston



10.30–11.30am



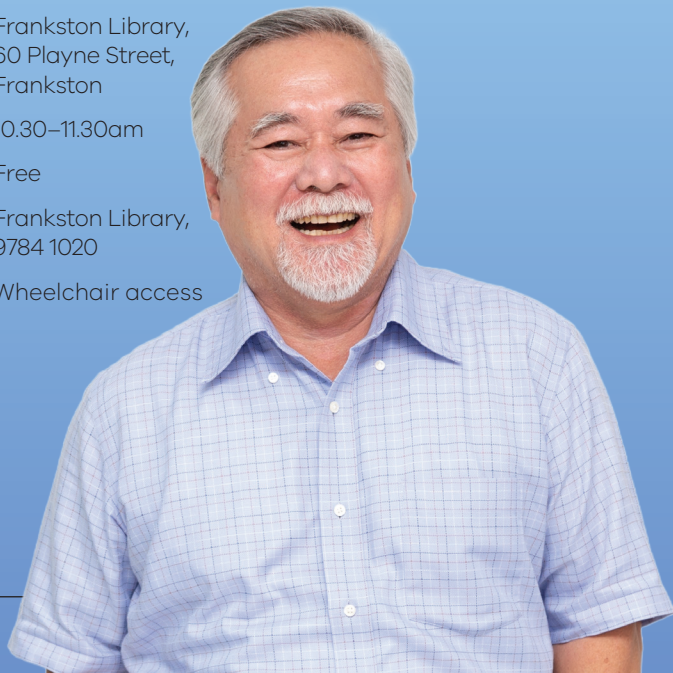
Free



Frankston Library,
9784 1020



Wheelchair access



Dance Class Series — Class Three

Join us for the third dance class! Build on what you've learned or jump in fresh—everyone's welcome. Stick around after class for a cuppa and a chat.

This year, we're turning back the clock and focusing on the fabulous dance styles of the 1960s! Led by the talented Susan, each class will take you through iconic moves from the era, all in a relaxed and inclusive environment.

As part of the Festival, a dance class will be held each Wednesday for three consecutive weeks, culminating in a celebratory night of dancing with a live band. You're welcome to attend one, two, or all three classes in the lead-up to the big night..

Each class wraps up with a cuppa and a chat, so there's plenty of time to connect and socialise.

Please do not wear backless shoes.



Bruce Park Hall, 1/19N Bondi Ave, Frankston



1.30–2.30pm



Free (Bookings essential)



Maximum of 2 tickets per booking
trybooking.com/DCWDN or phone Council on 1300 322 322

Wednesday 22 October continued

Musical Performance by John Carlo Bellotti

Enjoy a captivating afternoon performance with acclaimed operatic tenor John Carlo Bellotti. Experience the richness and power of his voice as he brings timeless arias and beloved classics to life in an intimate setting. Following the performance, enjoy light refreshments. Bookings Essential.

 Greenways Retirement Village
330 Frankston-Dandenong Road, Seaford

 2–4pm

 Free

 Maximum of 4
tickets per booking.
9786 8679

 Wheelchair access



Unlocking the World of Ebooks and Audiobooks: A Guide to BorrowBox and Libby

Join Ash for hands-on assistance in accessing e-resources like BorrowBox and Libby, which allow you to read and listen to books, newspapers, and magazines.

 Carrum Downs Library
203 Lyrebird Drive, Carrum Downs

 2–3pm

 Free

 Frankston Library, 9784 1020

 Wheelchair access

Thursday 23 October

Crafty Connections

Bring along your current craft project to work on in a fun and relaxed crafty environment.

All craft styles and skill levels are welcome.

A great way to connect with your community and library, learn new skills and meet new people. No booking required, just turn up.

 Frankston Library
60 Playne Street, Frankston

 10–11am

 Free

 Wheelchair access

Thursday 23 October continued

Get into Golf


Interested in learning golf and starting with the basics? Get into Golf is the perfect program for you.

Designed for adults of all ages and skill levels, sessions are run in small groups and focus on building confidence while teaching the fundamentals of the game.

It's more than just learning how to swing a club- it's about enjoying the experience. Each session is fun, relaxed and tailored to make golf enjoyable and stress-free.

Limited to just 8 participants per session. Bookings essentials.

 Centenary Park Golf Club
Centenary Park Drive, Langwarrin

 10–11am


 Free


 Maximum of
1 ticket
per
booking
Golf Shop,
9789 1480




Musical Melodies — with a Cuppa and Chat

Sit back, relax, and enjoy a warm cuppa while soaking up the sounds of live music from the talented Tony and Jenny. Sing along, tap your toes, and take a nostalgic journey through timeless tunes from across the decades. Bookings essential as places are limited.

 Coffee on Kareela Community Café
53 Kareela Road, Frankston East

 10am–12pm

 \$5 for welcome cuppa and cookie (additional refreshments at friendly café prices)

 Liz, 0401 523 875

 Wheelchair access

PARC Active Movers in the Library

Join us at your local Frankston library for PARC Active Movers, a fun and low-impact fitness class designed especially for older adults and those with limited mobility. Delivered by friendly PARC instructors, this seated class focuses on gentle movements to boost strength, flexibility, and overall wellbeing — all at a pace that suits you.

We're bringing the energy of PARC out into the libraries.

 Frankston Library, 60 Playne Street, Frankston

 10–11am

 Free

 Frankston Library, 9784 1020

 Wheelchair access


Bookings open Monday 15 September


Thursday 23 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 Centre
55 Towerhill Road,
Frankston South

 11am–2pm

 First visit is free

 9783 7058


 Wheelchair access



Walking Basketball Social Clinic

Get moving, have a laugh, and make new friends with Walking Basketball — the fun, low-impact way to stay active! Perfect for anyone looking to ease into exercise or bounce back after an injury, this social clinic is all about enjoying the game at your own pace.

After the session, stick around for a cuppa and some light refreshments while you chat and connect with fellow players. Come for the basketball, stay for the banter! No bookings necessary.

 Jubilee Park Stadium, 83R-85R Hillcrest Road, Frankston

 11am–12pm


 Free

 Wheelchair access


From Our Kitchen to Yours: Meals on Wheels Community Cooking Demo

Looking for inspiration and ideas for simple, delicious meals? Join Frankston City Council's Meals on Wheels Chef for a live cooking demonstration featuring one of our favourite dishes. You'll also discover the volunteer roles that help bring this program to life — and how you might get involved!

 210 Beach Street, Frankston

 12–2pm

 Free

 Maximum number of 8 tickets per booking.
Matt, 9768 1624

 Wheelchair access

Bookings open Monday 15 September

Thursday 23 October continued

Active Movers at Peninsula Aquatic Recreation Centre

Come along to PARC and experience the benefits of our free Active Movers group exercise class. This fun class is designed for those who want a low intensity circuit workout. Great for beginners! Please present your Seniors Card on arrival before your class. Bookings essential.



PARC, 16N Cranbourne Road, Frankston



12.30–1.30pm



Free



PARC, 9781 8444



Wheelchair access

Come and Try Walking Netball

Walking Netball is a slower version of the game; it is netball, but at a walking pace. Designed so anyone can play, regardless of age, ability or fitness level; it's a great way to get or stay active. Increase fitness, have fun and meet new friends. Walking Netball focuses on fun and participation. No booking required, just turn up.



Jubilee Park Stadium
83R–85R Hillcrest Road, Frankston



7–8pm



Gold coin



Wheelchair access

You're invited to come and try Masters Athletics

Looking to get active, meet new people, and challenge yourself? Come along to the Masters Athletics 'Come and Try' session and experience the fun, fitness, and friendship of track and field — no matter your current fitness level! Stay afterwards and join us for a delicious supper. No booking required, just turn up.



Ballam Park Athletics Track
Benanee Avenue, Frankston



7–8.30pm



Free

Friday 24 October

Come and Try Walking Netball

Walking Netball is a slower version of the game; it is netball, but at a walking pace. Designed so anyone can play, regardless of age, ability or fitness level; it's a great way to get or stay active. Increase fitness, have fun and meet new friends. Walking Netball focuses on fun and participation. No bookings required, just turn up.



Jubilee Park Stadium
83R–85R Hillcrest Road, Frankston



9.30–11am



Gold coin



Wheelchair access

Friday 24 October continued

Creative Mending Workshop

Love a garment that's worn or torn? Don't toss it — mend it with style! Bring your damaged clothing and join us for a hands-on visible mending session. Learn to repair holes or tears using fabric, embroidery, and creativity. No sewing experience needed — all materials provided!

 Frankston Library
60 Playne Street, Frankston

 11.30am–1pm

 Free

 Frankston Library, 9784 1020

 Wheelchair access



Saturday 25 October


parkrun — Frankston Nature Conservation Reserve

Come along to the Frankston Nature Conservation Reserve parkrun and be part of a fun, friendly 5km walk, jog or run. Parkrun is a global, free, community event held every Saturday morning — and it's open to everyone, whether you're a seasoned runner or just getting started.

Frankston City Council's Positive Ageing team will be on site to support new participants, help with registration, and walk alongside the Seniors Festival group. Look out for our banner at the entrance and enjoy the fresh air, social connection and sense of achievement that parkrun brings.


No special clothing or equipment is required—just wear something comfortable and come as you are!

Note: please ensure that you are fit enough to walk, jog or run the 5km course; it includes some undulating hills.

 Frankston Nature Conservation Reserve
Jeremy Way, Frankston South
Please meet at the 'Seniors Festival' banner.

 7.30am

 FREE but please register with parkrun beforehand (website below)

 If you need help registering, Positive Ageing staff will be available on the day to assist you.

No booking required, just turn up.

parkrun.com.au/frankstonnatureconservationres/

Saturday 25 October continued

GYPSY — The Australian Fleetwood Mac Show

Step into the magic of music history with GYPSY — The Australian Fleetwood Mac Show, a spectacular tribute that perfectly recreates the unforgettable sounds, harmonies, and stage presence of Fleetwood Mac! From the timeless classics of the Rumours album to the chart-topping hits that followed, this is your chance to relive the golden era of one of the world's most iconic bands.

With an incredible lineup of talented musicians dedicated to capturing the soul and spirit of Fleetwood Mac, this show delivers all the energy, passion, and musical brilliance fans know and love.

Presented by Frankston City Council and Mornington Peninsula Shire, this is more than a concert — it's an experience. Whether you're a lifelong fan or discovering the magic for the first time, GYPSY promises a night of unforgettable music and memories.

Don't miss out — join us for an unforgettable performance of legendary hits.



George Jenkins Theatre — Monash University, Peninsula Campus, 47–49 Moorooduc Hwy, Frankston



Doors will open at 3.15pm and refreshments will be available for purchase at the café
Event will begin at 4pm and conclude at approximately 6.15pm

Warning: mild strobe light effects and synthetic haze may be used during this performance



Free but bookings are essential



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




Sunday 26 October

Langwarrin Community Garden — Celebrate the Joy of Gardening

Come and enjoy a relaxed day in the garden, filled with inspiration and connection. Learn how to turn everyday food scraps into nutrient-rich garden gold during our engaging worm farm talk. Try your hand at planting seeds and take home a little something to nurture. Wander through the garden, enjoy friendly conversations, and soak up the atmosphere.

No gardening experience is needed, and all ages are welcome. Come connect with nature, meet like-minded people, and be part of our growing community.

 Langwarrin Community Garden, 5 Shute Drive, Langwarrin

 10am–2pm

 Free

 Wheelchair access



Discover the Joy of the Earth Community Garden!

Come and explore how community gardens bring people together. See firsthand how you can grow your own fresh food while giving back to the wider community through produce donations. Everyone's welcome—be inspired, get involved, and experience the joy of growing and sharing!

 Joy of the Earth Community Garden
15R Joy Street, Frankston

 10am–2pm

 Free

 Wheelchair access

Knit and Yarn

Join us at the library for community knitting sessions! All supplies provided, and everyone is welcome—whether you're a novice or pro. Enjoy a cosy atmosphere with tea and coffee, and feel free to work on individual projects or collaborate. Come make new friends and share your love for knitting! No booking required, just turn up.

 Frankston Library,
60 Playne Street, Frankston

 11am–1pm

 Free

 Wheelchair access

Tuesday 28 October

Friends at First Sight — Women's Kitchen and Garden event at Government House

Friends at First Sight events are all about making new social connections — that's why each person can book one ticket only.

Step into the charm of Government House and enjoy a guided tour of its magnificent grounds and lush gardens. Get hands-on in the kitchen with fresh produce from the kitchen garden and savour the delicious dishes you help prepare. You might also try foraging for plants and flowers to create your own stunning floral arrangements.

A perfect day of discovery, connection and great food in an unforgettable setting!

Spaces are limited and bookings are essential.

Please note: If you participated in 2024, you won't be eligible to attend this year — we want to spread the love.



Meet at 8.15am at the front of the Frankston Civic Centre, 30 Davey Street, Frankston



Bus will return to Frankston at approximately 3.30pm



Free



Maximum 1 ticket per booking
trybooking.com/DCETN or call Council, 1300 322 322

Come and Try Walking Netball

Walking Netball is a slower version of the game; it is netball, but at a walking pace. Designed so anyone can play, regardless of age, ability or fitness level; it's a great way to get or stay active. Increase fitness, have fun and meet new friends. Walking Netball focuses on fun and participation. No bookings required, just turn up.



Jubilee Park Stadium
83R–85R Hillcrest Road, Frankston



9.30–11am



Gold coin



Wheelchair access

Indoor Craft and Food Market

Step into a vibrant indoor market with a wide range of stalls, featuring handmade crafts, skincare products, jewellery, candles, heat packs, sweet treats and more.

Enjoy a sausage sizzle and visit the coffee van — your first tea, coffee or hot chocolate is free.

Raffle prizes will be drawn throughout the day, and the venue is fully accessible for everyone.



Long Island Retirement Village
1–3 Overton Road, Seaford



10am–1.30pm



Free



Wheelchair access

Tuesday 28 October continued

Active Movers at Peninsula Aquatic Recreation Centre

Come along to PARC and experience the benefits of our free Active Movers group exercise class. This fun class is designed for those who want a low intensity circuit workout. Great for beginners! Please present your Seniors Card on arrival before your class. Bookings essential.



PARC, 16N Cranbourne Road, Frankston



12.30–1.30pm



Free



PARC, 9781 8444



Wheelchair access

Chatty Café

Join us at 'Chatty Café' at Frankston Library every Tuesday. Grab a coffee from a local café and engage in friendly conversation. This initiative aims to connect the community and alleviate loneliness. No bookings required — just come by and join the chat!



Frankston Library
60 Playne Street, Frankston



1.30–3.30pm



Free



Wheelchair access

Wednesday 29 October

Tai Chi at Peninsula Aquatic Recreation Centre

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. Please present your Seniors Card on arrival before your class. Bookings essential.



PARC, 16N Cranbourne Road, Frankston



8.30–9.30am



Free



PARC, 9781 8444



Wheelchair access

Elio Simonetti — Works of Wonder

A vibrant mix of visual magic and intellectual illusion, choreographed to music and sprinkled with curious anecdotes and a selected history of mystery. Presented by Elio Simonetti and Eva Salleh.

Unique, engaging, and memorable.



Seaford Library, 1/16 Broughton Street, Seaford



11am–12pm



Free



Frankston Library, 9784 1020



Wheelchair access

Wednesday 29 October continued

FrankTALK with Hugh Mackay

Hugh Mackay is back with his latest work, 'Just Saying', a series of personal reflections on 25 famous quotes, from Plato to Susan Sontag! Some serious; some light-hearted, but always insightful and entertaining!



Frankston Library
60 Playne Street,
Frankston



6–7.30pm



Free



Frankston
Library
9784 1020



Wheelchair
access



Groove Back to the '60s: Social Dance Night

Join us for a lively, 60s-inspired social dance featuring the big live band — the Wipeouts! This 1960s tribute band plays all the groovy hits of the era, from Beach Boys and Surf Instrumental to Pop, Rock, and Psychedelic tunes.

As the grand finale to three dance classes, this event welcomes all seniors—whether you're new to dancing or experienced — to enjoy an evening of music, movement, and connection. Feel free to bring along your own nibbles and drinks to enjoy as you dance and socialise.

If you've attended any of the classes, this is the perfect chance to showcase your new skills and dance with friends old and new. Don't miss this opportunity to celebrate and share the joy of dance with our vibrant community.

Please do not wear backless shoes.



Bruce Park Hall
1/19N Bondi Ave,
Frankston



6.30–8.30pm



Free (Bookings are essential)



Maximum of 2 tickets per booking
trybooking.com/DCWDN or
phone Council on 1300 322 322

Thursday 30 October

Crafty Connections

Bring along your current craft project to work on in a fun and relaxed crafty environment. All craft styles and skill levels are welcome.

A great way to connect with your community and library, learn new skills and meet new people. No booking required, just turn up.

 Frankston Library, 60 Playne Street, Frankston

 10–11am


 Free

 Wheelchair access

Denim N Lace Line Dancing

Frankston Library presents Denim N Lace Line Dancing! Discover the joy of line dancing — a fun, easy-to-follow way to stay active, enjoy great music, and connect with others! You're invited to a free and friendly session with Nic, featuring a lively demonstration and an all-abilities class. No partner or experience needed — just bring your energy and enthusiasm!

 Frankston North Community Centre
26 Mahogany Avenue, Frankston North

 10–11.30am

 Free


 Frankston Library, 9784 1020

 Wheelchair access

Garden for Life Open Day


Step out the back of Coffee on Kareela Community Café and into our beautiful Garden for Life. Enjoy a cuppa and a friendly chat while you relax among fragrant herbs, colourful flowers, native plants, and fruit trees. Let your senses come alive and discover how easy it is to create your own sensory garden, even in small spaces or pots. Bookings essential as places are limited.

Please note: the indoor café is fully wheelchair accessible. Our garden has limited disability access—just ask us when booking.

 Coffee on Kareela
Community Café
53 Kareela Road,
Frankston East

 10am–12pm

 \$5 for welcome
cuppa and cookie
(additional
refreshments at
friendly café
prices)

 Liz, 0401 523 875

 Wheelchair access



Thursday 30 October continued

Get into Golf


Interested in learning golf and starting with the basics? Get into Golf is the perfect program for you.

Designed for adults of all ages and skill levels, sessions are run in small groups and focus on building confidence while teaching the fundamentals of the game.


It's more than just learning how to swing a club- it's about enjoying the experience. Each session is fun, relaxed and tailored to make golf enjoyable and stress-free.

Limited to just 8 participants per session, bookings essentials.

 Centenary Park Golf Club
Centenary Park Drive, Langwarrin

 10–11am

 Free

 Maximum of 1 ticket per booking.
Golf Shop, 9789 1480



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 Centre
55 Towerhill Road, Frankston South

 11am–2pm

 First visit is free

 9783 7058

 Wheelchair access

Walking Basketball Social Clinic

Get moving, have a laugh, and make new friends with Walking Basketball – the fun, low-impact way to stay active! Perfect for anyone looking to ease into exercise or bounce back after an injury, this social clinic is all about enjoying the game at your own pace.

After the session, stick around for a cuppa and some light refreshments while you chat and connect with fellow players. Come for the basketball, stay for the banter! No bookings necessary.

 Jubilee Park Stadium
83R–85R Hillcrest Road, Frankston

 11am–12pm

 Free

 Wheelchair access

Bookings open Monday 15 September

Thursday 30 October continued

Active Movers at Peninsula Aquatic Recreation Centre

Come along to PARC and experience the benefits of our free Active Movers group exercise class. This fun class is designed for those who want a low intensity circuit workout. Great for beginners! Please present your Seniors Card on arrival before your class. Bookings essential.



PARC, 16N Cranbourne Road, Frankston



12.30–1.30pm



Free



PARC, 9781 8444



Wheelchair access

Come and Try Walking Netball

Walking Netball is a slower version of the game; it is netball, but at a walking pace. Designed so anyone can play, regardless of age, ability or fitness level; it's a great way to get or stay active. Increase fitness, have fun and meet new friends. Walking Netball focuses on fun and participation. No booking required, just turn up



Jubilee Park Stadium
83R–85R Hillcrest Road, Frankston



7–8pm



Gold coin



Wheelchair access

You're invited to come and try Masters Athletics

Looking to get active, meet new people, and challenge yourself? Come along to the Masters Athletics 'Come and Try' session and experience the fun, fitness, and friendship — no matter your current fitness level. We offer a range of walking and running events for people of all abilities. Stay afterwards and join us for a delicious supper. No booking required, just turn up



Ballam Park Athletics Track
Benanee Avenue, Frankston



7–8.30pm



Free

Friday 31 October

Come and Try Walking Netball

Walking Netball is a slower version of the game; it is netball, but at a walking pace. Designed so anyone can play, regardless of age, ability or fitness level; it's a great way to get or stay active. Increase fitness, have fun and meet new friends. Walking Netball focuses on fun and participation. No bookings required, just turn up.



Jubilee Park Stadium
83R–85R Hillcrest Road, Frankston



9.30–11am



Gold coin



Wheelchair access



Friday 31 October continued

Wingham Park Senior Activity Space

Looking for an exciting way to stay active and connect with others? The Wingham Park Senior Activity Space is an outdoor activity space with stations specifically designed to reduce the risk of falls. Each movement helps improve balance, strength, functional movement and mobility. Our friendly trained volunteers will show you how to use the equipment safely. Stay for a chat and a FREE coffee afterwards!



Wingham Park
103 Ashleigh Avenue, Frankston



10.30–11.30am



Free



Johanna, 0438 902 205 or email positiveageing@frankston.vic.gov.au

CONNECT CREATE CELEBRATE

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 Activity Space Sessions

For more information visit the Positive Ageing page on the Frankston City Council website.

Information correct at the time of printing (August 2025)



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