

POSITIVE AGEING TOGETHER

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Contact us:

Email: positiveageing@frankston.vic.gov.au

Call: 0482 691 444

Website: www.frankston.vic.gov.au



Positive Ageing Photo: Seniors Festival 2025 FishCare Australia

Welcome to our August/September 2026 Positive Ageing Newsletter!

We've had a little makeover! Our new look newsletter is brighter, easier to read and more enjoyable to browse. We hope you like it as much as we do!

Frankston Seniors Festival is Coming Soon! Get ready for a fantastic month of activities this October, with cooking classes, dancing and gorgeous gardens to explore - and much much more. Event bookings open **9 AM Monday 14 September** and popular activities fill quickly, so mark the date in your calendar to avoid missing out. Festival booklets will be mailed to newsletter subscribers and are available throughout Frankston, or online on the Positive Ageing webpage.

We look forward to seeing you there!

Frankston City Council acknowledges and pays respect to the Bunurong people of the Kulin Nation, the Traditional Custodians of these lands and waters.



Hot Tips for Seniors

Discover the Joy of Cycling without Age!

Looking for a relaxing way to get out, enjoy some fresh air, and connect with community? Why not experience Cycling without Age, a free community rickshaw ride based at the Healthy Futures Hub, 151 East Road, Seaford.

Operating every Monday and every second Wednesday, these enjoyable rides offer the chance to sit back, relax, and take in the sights while one of the friendly volunteer pilots does the pedalling. The specially designed rickshaw is safe, comfortable and inclusive, making it perfect for people of all abilities.

Bookings are essential.

To reserve your ride, contact Ross 0423 412 144



Peninsula Transport Assist

And here's even more good news! Thanks to funding from the Frankston Social Inclusion Action Group (SIAG), Peninsula Transport Assist is offering new members of the Healthy Futures Hub two free return transport trips to the Hub.

If you are finding it difficult to get there, they'll pick you up from your front door and take you home again - no cost, no worries!

To find out more contact Peninsula Transport Assist on 9708 8241.

Imagine it - a free ride to the Healthy Futures Hub, followed by a relaxing rickshaw adventure, good company and a wonderful day out, all at no cost.

What are you waiting for?

Savings Finder

The Victorian Government has created a Savings Finder that checks for more than 90 rebates, concessions and support programs based on your circumstances. It's a useful way to discover benefits people often miss.

Answer a few quick questions and you can save across housing, transport, health fun and more.

Visit www.service.vic.gov.au



Hot Tips for Seniors

Roving Repair Program

Frankston City Council's Roving Repair Program helps reduce waste by connecting residents with skilled volunteers who can repair a range of household items, including toys, bikes, textiles and small electronics.

Saturday 19 September 1 PM-4 PM

Seaford Community Centre, 1/6R Broughton Street, Seaford

Sunday 18 October 1 PM-4 PM

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

Bookings essential 1300 322 322

Wills, Medical Powers of Attorney

Peninsula Community Legal Centre and Langwarrin Community Centre present a Free legal information session

- Wednesday 9 September 2026
- 1.00 PM - 3.00 PM
- Langwarrin Community Centre, 2 Lang Road, Langwarrin
- Free
- Includes afternoon tea

Contact details: Call 9789 7653 or email: reception@langwarrin.org.au



Free RSV Vaccine

Respiratory Syncytial Virus (RSV) is a common virus that can cause serious illness in older adults. If you're 75 years or older, or an Aboriginal or Torres Strait Islander aged 60 years and over, you may be eligible for a free RSV vaccine.

Talk to your GP or local pharmacy to see if the vaccine is right for you and help protect yourself winter and spring.

While the RSV vaccine is free, there may be a consultation fee or service charge to get the vaccine.



Senior News

Historical Forced Adoption Redress Scheme

The Victorian Government has established the Historical Forced Adoption Redress Scheme to acknowledge the lifelong impact of past forced adoption practices on mothers separated from their babies. Open since 2024, the scheme will accept applications until 31 January 2028.

It provides a one-off payment of \$30,000, access to counselling and support, and a formal apology process. The scheme is available to mothers who were forcibly separated from their newborns prior to 1990.

If you or someone you know may be eligible, support is available through a dedicated trauma informed team who can assist with information and applications. Call 1300 217 425 (Monday to Friday, 9.00 AM- 4.30 PM), visit www.vic.gov.au/redress-forced-adoptions or email forcedadoptions.redress@justice.vic.gov.au

Why Balance Exercises Matter More than you Think

While strength training and walking often dominate fitness routines, experts say balance is a critical - but frequently overlooked - part of physical health.

Balance relies on coordination between muscle joints, vision, and the inner ear, and it needs regular practice to maintain. Simple activities like walking may not challenge it enough making targeted exercises such as single leg stands or tandem walking essential.

Poor balance increases the risk of falls and injuries, which can begin earlier than many realise - sometimes as early as 40. The good news is that balance can be improved at any age with consistent effort.

Health professionals recommend incorporating short balance exercises into daily routines, even while doing simple tasks at home. Over time, this can improve mobility, confidence and independence.

For support, residents can join a free balance program run by physiotherapy students at the Healthy Futures Hub in Seaford.

To learn more, email alliedhealthclinics@monash.edu or call 9904 4415

Think F.A.S.T, Act FAST

How do you know if someone is having a stroke?
Use the F.A.S.T test.

FACE .. Check their face. Has the mouth drooped?

ARMS .. Can they lift both arms?

SPEECH .. Is their speech slurred? Do they understand you?

TIME .. Is critical. If you see any of these signs call 000 straight away



Frankston Art Centre

Film Screening: On the Beach

Celebrating Frankston's 60th birthday, the Frankston Art Centre presents a free screening of Stanley Kramer's adaptation of former Langwarrin resident Nevil Shute's bestselling novel at Cube 37.

Event Details

- Sunday 23 August 2026
- 2 PM & 5 PM
- Cube 37, next to Frankston Art Centre
- Free

Book online at artscentre.frankston.vic.gov.au or call 9784 1060



Hit Parade of the 50's and 60's

Come and experience the "good old days of rock and roll"! Embark on a nostalgic journey with this extraordinary tribute to the unforgettable hits of the 1950's and 1960's. Led by the remarkable Glenn Starr.

Event Details

- Friday 28 August 2026
- 7.30 PM
- Frankston Arts Centre
- Tickets \$64.90 - \$69.90

Book online artscentre.frankston.vic.gov.au or call 9784 1060



Through the Years

A nostalgic journey through four decades of musical theatre and Morning Music magic with Chris McKenna, Michelle Fitzmaurice, Roy Best and William Schmidt.

Event Details

- Friday 4 September 2026
- 10.30 AM & 1.30 PM
- Tickets \$24 - \$27

Book online www.artscentre.frankston.vic.gov.au or call 9784 1060



Let's Talk About Dementia

What is Dementia?

Dementia is a term used to describe a group of conditions that affect memory, thinking, behaviour and the ability to carry out everyday activities. While dementia can't always be prevented, healthy lifestyle choices can help reduce your risk. Stay active, keep your mind challenged, eat well, stay socially connected, manage health conditions, get enough sleep and don't smoke. It's never too late to start looking after your brain. There are a range of local services that can provide information, support, education, respite and help to stay independent.

Cognitive, Dementia & Memory Service

The Cognitive, Dementia and Memory Service (CDAMS) is a free specialist service that provides assessment, diagnosis and support for people experiencing memory or thinking changes. With a referral from a GP or specialist, a team of professionals completes a comprehensive assessment and works with you and your family to explain the results and connect you to the right supports. To access Bayside Health Peninsula CDAMS program call 1300 665 781



Dementia Australia

Dementia Australia offers free, confidential support to help you navigate the dementia journey, including 24/7 live chat with an expert advisor, professional counselling for individuals, families and carers, and helpful programs such as Living with Dementia. They provide trusted resources like the Dementia Guide and a one-to-one peer support program, connecting you with others who understand your experience - visit www.dementia.org.au or call the Helpline 1800 100 500

Dementia Rehabilitation Program

Dementia rehabilitation programs, such as the 12 week Encara program, provides personalised in-home support to help people living with dementia maintain independence, improve mobility and enhance overall wellbeing. Delivered by allied health professionals, these programs combine physical activity, cognitive support and education, while also offering guidance and support for families and carers. Call 1300 761 965 or email dementia@encara.com.au



Let's Talk About Dementia

BrainTrack App - Keeping Your Mind Active.

Are you concerned about changes in your thinking or memory? Games and challenges on this app give you data you can share with your GP. BrainTrack is a free app, that helps monitor and understand changes in cognition over time, which can help you to explore this common concern, providing brain health information through fun, travel themed games that test your cognition. Its completely free and secure. Available through Google Play and Apple App store.

Multicultural Dementia Support

The Multicultural Dementia Care Support Centre, offers free, culturally inclusive support for people living with dementia and their carers, with a focus on wellbeing, connection and practical care. As part of the program, the KISS Project - Small Acts of Love shares real stories of couples living with dementia, celebrating love, resilience and everyday connection. You can view the KISS Project at www.amcservices.org.au, call 03 9689 9170 or email info@amcservices.org.au



Dementia Action Group - We Need You!

Orwill Street Community House are currently seeking expressions of interest for people who would like to join a Dementia Action Group for the Frankston LGA. The group formation is being supported by Orwil Street Community House. People who are interested in joining an action group to create more inclusive community for people with Dementia should call the office on 9783 5073

Dementia Cafe's

Dementia Cafe's offer a friendly space for people living with dementia and their carers to connect and socialise. While none are currently in Frankston, nearby Umbrella Dementia Cafe's run in Capel Sound (2nd & 4th Thursdays) and Sorrento (1st & 3rd Mondays), 10 AM - 12 PM, providing relaxed, supportive gatherings where even short social interactions can boost wellbeing and connection. For more information email enquiries@umbrelladementiacafes.com.au



Senior Groups

Sri Lankan Seniors

Sri Lankan Seniors gathered on June 7 to celebrate Wesak Day, an important and meaningful festival in Buddhism. Wesak Day commemorates three pivotal milestones in the life of Gautama Buddha - his birth, his enlightenment, and his passing into final nirvana. Observed on the first full moon of the lunar month, this special occasion is celebrated by Buddhist communities around the world, particularly in South and Southeast Asia. The event was a wonderful opportunity for community members to come together, reflect, and honour these significant traditions. Photos provided by Rohini - Sri Lankan Seniors



Pines Men's Shed

The Pines Men's Shed has a fresh new look thanks to a standout mural painted by local artist Tyson with support from Frankston Council. The artwork celebrates the hands on spirit and community vibe of the Men's Shed, featuring a carpenter at work, classic tools and even a vintage enamel mug bearing the shed's name. Tyson used the sheds existing colors to give the mural a warm, slightly vintage feel, with the design fading out naturally along the wall. Members enjoyed watching it come together day by day and are blown away by the final result - its completely transformed the space.

The Men's Shed is a community based, non-profit, non-commercial organisation that is accessible to all men. They promote mental, physical, emotional and economic well being of men in the community. If you would like more information call (03) 9786 1008



Senior Groups

Mornington Peninsula Bonsai Society

Have you ever admired the beauty of a miniature tree?

The Peninsula Bonsai Society welcomes new members of all ages who share an interest in the art of bonsai. The club meets at Moorooduc Hall on the third Wednesday of each month at 7.30 PM (excluding December). Members also enjoy open workshops throughout the year, where they can work on their own trees alongside fellow enthusiasts and learn new techniques.

For more information, contact Jillian on 0407 361 989 or jillian24@bigpond.com. Visit www.bonsaimornington.com.



Wingham Park

Looking for a fun way to keep active and meet new people?

The Wingham Park Senior Activity Space is a free outdoor exercise area designed for older adults, with equipment that helps improve balance, strength and mobility. Our caring and patient volunteers will show you exactly how to use the equipment safely, so you can exercise with confidence. Its also a great place to make new friends. Best of all, everyone stays afterwards for a cuppa and a chat.

Where: 103 Ashleigh Ave Frankston
Volunteers attend Friday 10.30 AM-11.30 AM
Cost: Free
Contact: 0438 002 205



See you there!

Ageing Well Community Expo

Looking to discover new services, programs or social groups in your community?

This free expo connects you with local organisations offering a range of services, activities and support to help you stay active and connected.

Event Details

- Tuesday 25 August 2026
- 10.00 AM - 12.00 PM
- Frankston Art Centre,
- 27-37 Davey St Frankston
- Free

Want more information ?

Email positiveageing@frankston.vic.gov.au or call Kelleigh 0482 691 444



Escorted Train Travel for Seniors

This is a two-part program which includes a theory session followed by a supported train trip to the city. It's a great opportunity to learn practical travel skills in a safe, friendly environment.

Perfect timing ahead of the Victorian Seniors Festival in October, helping you make the most of free train travel and events across Victoria.

Limited numbers. Bookings essential.

Event Details Theory Session

- Tuesday 22 September 2026
- 2 PM - 3 PM
- Karingal Place, 103 Ashleigh Ave Frankston
- Free

Event Details Escorted Train Trip to City

- Tuesday 29 September 2026
- 10 AM - 2 PM
- Meet at Frankston Train Station - ticket box

Bookings essential: positiveageing@frankston.vic.gov.au or call 0482 691 444

Book tickets via Eventbrite - www.eventbrite.com.au/e/escorted-train-travel-for-seniors-tickets-1991887612469

See you there!

The Letterbox Project

Frankston City Council's Positive Ageing team, in partnership with the library, is launching The Letterbox Project. A simple, meaningful way to help people connect through handwritten letters. The project invites participants to write a short anonymous letter, exchange it, and optionally respond. You are invited to the Launch

- Tuesday 4 August 2026 (Continues weekly until 27 October)
- 10.30 AM - 11.30 AM
- Frankston Library
- Free to attend



Dying to know Day

Dying to Know Day is a national campaign which encourages open conversations about death, dying and bereavement, helping to reduce stigma and support people to plan ahead.

A local network of organisations—including Positive Ageing Frankston—is collaborating to deliver this important community event.

- Thursday 6 August 2026
- 10.30 AM - 12.30 PM
- Peninsula Community Theatre, 91 Wilsons Road, Mornington.
- For booking (03)5950 1695



The Joy of Music

Chamber music presented by musicians of the Frankston Symphony Orchestra in a concert designed to be accessible and enjoyable for all, including for people with hearing loss.

- Saturday 17 October 2026
- 2.30 PM
- FHS Performing Art Theatre, 97 Foot St., Frankston
- \$20

Tickets on sale from **1 September 2026** visit fso.org.au or call Frankston City Council 1300 322 322



IMPORTANT CONTACT NUMBERS

FriendLine is for anyone who needs to reconnect or just wants a chat.

All conversations with FriendLine are anonymous and friendly volunteers are ready for a yarn and to share a story or two.

Contact: 9663 2740 or visit <https://friendline.org.au/>

Support line is open 10 AM - 8 PM everyday

Online chat is open 6 PM - 8 PM Monday – Friday

Lifeline is Australia's largest crisis support service, there to ensure you'll never face your darkest moment alone.

The service is confidential and you'll be connected to a trained Lifeline Crisis Supporter who will be there to listen, without judgement.

If you or someone you know is going through a hard time and needs someone to talk to, contact Lifeline on 13 11 14

Financial counselling

Times are tough, if you are experiencing financial hardship, speak to a financial counsellor today.

Good Shepherd: 1300 015 500

Better Place Australia: 1800 639 523

Older Persons Advocacy Network

If you need support accessing aged care services, require advice or would like to speak to someone about your rights, Older Persons Advocacy Network (OPAN) is there to help and offers free, independent and confidential support

Older Persons Advocacy Network (OPAN): 1800 700 600

Seniors Rights

Everyone deserves to be treated with respect and dignity. For confidential support and advice regarding elder abuse please contact:

The Orange Door: 1800 319 353

Seniors Rights Victoria: 1300 368 821

Domestic and Family Assistance

If you or someone you know is experiencing family violence you can get support via the following support services:

The Orange Door (Frankston) 1800 319 353

Men's Referral Service 1300 766 491

Djirra 1800 105 303

Frankston City Council Positive Ageing Team

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

Email – positiveageing@frankston.vic.gov.au or call 0482 691 444