

# Positive Ageing Newsletter

Ageing well on the Mornington Peninsula

Edition  
#33  
Summer  
2023-24

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## Seniors Festival – it's a wrap!

Close to 3,000 people participated in 84 different events on the Peninsula during Seniors Festival, from the Active Seniors Expo at Camp Manyung, comedy and Gatsby girls at the George Jenkins Theatre to environmental and heritage walks. Other activities included intergenerational portrait painting, cycling with the U3A, Tai Chi at Tootgarook Seniors Club and Lego for Seniors at our libraries.

"Just wanted to say a huge thanks for your seniors festival program – fantastic!

"My family just loved it. An array of local fun low cost and free events. [...] My Dad is in palliative care so these accessible events enable a lift to wellbeing for our whole family! Wonderful and thank you to you and the team. We look forward to the next events! Dave O'Neil was hysterical. We recounted his jokes for days." – *Resident*

### To join the mailing list or view electronically:

- ➔ [mornpen.vic.gov.au/PositiveAgeingNewsletter](https://mornpen.vic.gov.au/PositiveAgeingNewsletter)
- ➔ [positiveageing@mornpen.vic.gov.au](mailto:positiveageing@mornpen.vic.gov.au)



Mornington Peninsula Shire acknowledges and pays respect to the Bunurong people, the Traditional Custodians of these lands and waters. We are committed to the cultural safety of older people of Aboriginal and Torres Strait Islander, culturally and linguistically diverse and LGBTQIA+ backgrounds.



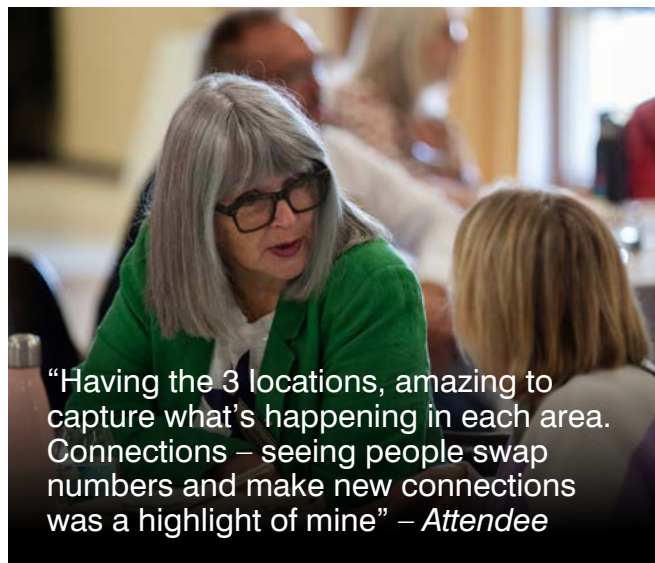
**MORNINGTON  
PENINSULA**  
Shire

# Positive Ageing Community Conversations

The Shire hosted three Positive Ageing on the Peninsula – Community Conversations events at Hastings, Rye and Mornington in November.

These forums are designed to capture the diverse experiences of older people as they age on the Peninsula to help inform us of issues that can be addressed or advocated for.

They are also a chance for residents to connect with others, to find out what is available in their communities and to learn about initiatives in the positive ageing space.



“Having the 3 locations, amazing to capture what’s happening in each area. Connections – seeing people swap numbers and make new connections was a highlight of mine” – Attendee

## Peninsula Legal Rights Forum

10-11.30am, 20 March 2024, Safety Beach Sailing Club, 185 Marine Drive, Safety Beach

Deepen your understanding of wills and power of attorneys at a forum being hosted by the Respected Seniors Network and Peninsula Community Legal Centre.

For information: ☎ 0403 796 236 (Louise) ✉ [info@respectingseniorsnetwork.org.au](mailto:info@respectingseniorsnetwork.org.au)

## EveryAGE Counts – an advocacy campaign tackling ageism

**Ageism is discrimination based on age.**

According to The Real Old, a publication produced by Every Age Counts, “**We are currently an age-centric**

***culture where ageism is both widespread and ubiquitous. It hides in plain sight, subtle, unnoticed, accepted. We need to change that.***”

The Real Old claims that ageism is our last acceptable form of discrimination. It affects confidence, quality of life, health, job prospects and self-worth. Ageism is based on negative and inaccurate stereotypes and is

so ingrained in our language and attitudes that we often don’t notice it. We can all do something about ageism.

Call out ageism when you see it, get involved at a local level and take the pledge to end age discrimination:

➡ [everyagecounts.org.au](http://everyagecounts.org.au)

Watch the short film narrated by Bryan Brown and share it with others.

➡ [youtu.be/mW1QG1VKUqk](https://youtu.be/mW1QG1VKUqk)



## Inheritance: Not an Entitlement Guide

The Frankston Mornington Peninsula Respecting Seniors Network and Peninsula Community Legal Centre have produced a new guide to promote better understanding around inheritance impatience and how it can lead to elder abuse.



The “Inheritance: not an entitlement – How to talk about inheritance impatience and elder abuse” discussion guide can be viewed online [bit.ly/3Rt2sju](https://bit.ly/3Rt2sju)

The discussion guide is part of a broader campaign that aims to dispel common myths stemming from a sense of entitlement to an older person’s assets or future inheritance. You can find out more about the six myths and attitudes that many people have towards their older parent, relative or an older person they’re close to through the online videos at Better Place Australia. [bit.ly/3Rt2NCM](https://bit.ly/3Rt2NCM)

Inheritance impatience is something that many older people may sense, but may not recognize as potential elder abuse. The guide provides tools and tips to start the sometimes-awkward conversations that we need to have about elder abuse in various settings in our community.

To learn more about this campaign, contact:  
[info@respectingseniornetwork.org.au](mailto:info@respectingseniornetwork.org.au)  
0403 796 236 (Louise)

## Sorrento Pickleball Club

Sorrento Pickleball Club is the ideal destination for those seeking the fun experience of Pickleball, a sport that caters to people of all ages.

Played on a badminton-sized court, often as doubles, Pickleball combines elements of tennis, badminton, and table tennis, allowing four people to engage in a lively game simultaneously. The use of a larger paddle, along with the smaller court, makes Pickleball accessible to individuals of any age.

The Sorrento Pickleball Club play the game at the Sorrento Community Centre. The Club also offers coaching, social outings, and come ‘n try events. New members welcome.

For more information, contact:  
[sorrentopickleballclub@gmail.com](mailto:sorrentopickleballclub@gmail.com)  
0405 151 755 (Tracy)



## Ageing Strong – Exercise for a long lifetime!

Older members of the community are taking advantage of opportunities to exercise at the various leisure centres on the Shire.



There are five leisure centres run by Belgravia Leisure in partnership with the Shire. Civic Reserve in Dunn's Road, Mornington, Pelican Park Recreation Centre in Hastings, Somerville Recreation Centre, Crib Point Pool and YAWA Aquatic Centre in Rosebud.

Barry is 91-years old and never misses a day at the gym in Mornington. Zeta celebrated her 100th birthday with staff and participants at the Flinders/Balnarring offsite class. She attributes her health, agility, and longevity to these classes. Ronald is 88-years old and does not let his rheumatoid arthritis stop him from attending YAWA's movement classes.

For more information about ageing strong exercise classes and other community programs, get a copy of the Active, Involved and Informed Directory online:

- 📍 [mornpen.vic.gov.au/keepingactive](http://mornpen.vic.gov.au/keepingactive)
- ✉ email to receive a hard copy in the post at [positiveageing@mornpen.vic.gov.au](mailto:positiveageing@mornpen.vic.gov.au)

## Silver Steps dance classes

Silver Steps is for anyone over 55 years who wants to learn to dance or to dance again and brush up on their skills.

The program is about movement, mental wellbeing, and social connection while also celebrating the Peninsula's culture and community. This initiative began with the fun, vibrancy and colour of Bollywood dance. Bush and Latin Dancing will be offered in 2024.

*"The Bollywood classes were exciting, challenging and a whole lot of fun!"*

*"Great addition to activities on the Peninsula."*

To sign up for the 2024 program, visit:

- 📍 [mornpen.vic.gov.au/keepingactive](http://mornpen.vic.gov.au/keepingactive)
- ☎ contact Alice: 5970 2805
- ✉ [alice.jordan@mornpen.vic.gov.au](mailto:alice.jordan@mornpen.vic.gov.au)



## The Beyond 50 Study – Monash University

The Beyond 50 Study is looking to understand how navigating work and life transitions affects healthy ageing.



Monash University are looking to recruit participants aged between 50-70 years old living in the Frankston and Mornington Peninsula region to participate in three interviews (one interview per year over three years), which can be completed either online via a survey, over the telephone or face-to-face interview.

Participants will receive a \$40 e-gift card as a token of appreciation. If you are interested in participating, you can visit the website for more information:

➔ [beyond50.study](https://beyond50.study)

To register your interest via email or phone:

➔ [beyond50@monash.edu](mailto:beyond50@monash.edu)

☎ 0421 892 135



## Live Well and Die Well – Peninsula Home Hospice

**Peninsula Home Hospice (PHH) is an accredited not-for-profit organisation that provides specialist palliative care to people in the comfort of their home.**

PHH's aim is to optimise the quality of life for those in their care and honour people's wish for hope, comfort, choice, dignity and peace.

PHH services are available free of charge to everybody who needs palliative care on the Mornington Peninsula. Palliative care is for anyone of any age (from babies to older adults) who has been diagnosed with a life-limiting illness.

For some people, palliative care may be beneficial right from the time of diagnosis. It can be provided alongside other treatments (for example,

cancer treatments) or when treatments have ended. Some people access palliative care on and off through various stages of an illness. Accessing palliative care early can help ensure a person's values, beliefs and goals for their care are known and respected.

Peninsula Home Hospice  
327 Main Street Mornington  
➔ [peninsulahospice.com.au](https://peninsulahospice.com.au)  
☎ 5973 2400



## Parade, pride and party with the Shire at the Midsumma Pride March 2024

The Shire invites **LGBTIQA+ community members and allies to march with the Frankston & Mornington Peninsula LGBTIQA+ Collaborative in the Midsumma Pride March on Sunday 4 February 2024 in St Kilda.**

Join us to celebrate and embrace our vibrant LGBTIQA+ community across Frankston and the Mornington Peninsula as part of an iconic Melbourne event.

Book online or call:  
 📍 [mornpen.vic.gov.au/midsumma2024](http://mornpen.vic.gov.au/midsumma2024)  
 ☎ 5950 1228 (Sarah)

Free return transport from the Peninsula is available, but seats are limited.

To reserve your place on the bus, complete the online form or call Sarah at the Shire on:  
 ☎ 5950 1228

Transport requests close 5pm, Monday 29 January 2024 (unless booked out earlier).

## Mornington Community Hub Open Day

Mornington Community Hub (at 91 Wilsons Road) will open its doors to the local community for an Open Day on Tuesday 23 January 2024 from 11am-3pm. This event is a great way to explore the amazing community groups, services and facilities that call the Hub home.

Enjoy pop-up workshops, activities and demonstrations at Mornington Community House, games, crafts and snacks at 'The Corner' Youth Centre, community BBQ and demonstrations at Mornington Men's Shed, studio tours at Radio Port Phillip (RPP) FM and

Mornington Rotary Art Show at Peninsula Community Theatre. Art show is \$10 entry – all other events are free. For more info or to view the full schedule:

📍 [morningtoncommunityhouse.com.au/open-day](http://morningtoncommunityhouse.com.au/open-day)  
 ☎ 5975 4772

## Home Library Service

The Mornington Peninsula Home Library Service is seeking new borrowers to join their program.

We have many wonderful volunteers ready to assist borrowers who find themselves unable to get to their local library. You'll be matched to a library volunteer who will ask you about your reading, movie and musical preferences, so that they can suggest resources that might be of interest to you, including books, audio books and DVDs. The connections formed between volunteers and borrowers can be invaluable and can help to reduce social isolation.

📧 [homelibraryservice@mornpen.vic.gov.au](mailto:homelibraryservice@mornpen.vic.gov.au)



## Sourdough bread workshops 2024

Experience every step in the bread-making process during this hands-on course that ends with a light lunch.

At the end of the course, you'll leave with dough ready to take home and bake later, plus a sourdough starter.

Not suitable for people with gluten allergies. Please bring along a large bowl to mix the dough and a container to take your sourdough starter home in. A great Christmas gift idea.

**Cost: \$55 per person.**

Book Saturday 10 February, 10am-1pm:

📧 [sourdoughfeb24.eventbrite.com.au](https://sourdoughfeb24.eventbrite.com.au)

Book Saturday 16 March, 10am-1pm:

📧 [sourdoughmarch24.eventbrite.com.au](https://sourdoughmarch24.eventbrite.com.au)

**Eco Living Display Centre at the Briars**

450 Nepean Highway, Mount Martha

📞 5950 1681

📧 [environmentaleducation@mornpen.vic.gov.au](mailto:environmentaleducation@mornpen.vic.gov.au)

**Book online:**

📧 [mornpen.vic.gov.au/enviroworkshops](https://mornpen.vic.gov.au/enviroworkshops)

## Southern Peninsula Choir

This intergenerational choir held a workshop at the recent Seniors Festival, where the community had the chance to enjoy choral singing under Musical Director, Serena Carmel. The choir has introduced a biennial scholarship for young people to promote classical choral singing on the Peninsula and to support young people wanting to further their learning.

Ava De Vries (recently accepted into the Victoria Youth Opera Program) and Charlotte Carr (currently studying at the Sydney University Conservatorium), were presented with their scholarships at a concert at the Rosebud Uniting Church in December.

The choir welcomes interest from the local community. For enquiries:

- ✉ southernpeninsulachoir@gmail.com
- ☎ 0408 414 141 (Anne)



## HappinessFirst café at Mornington Library



**HappinessFirst is a social enterprise with a goal to provide jobs and training for people living with disabilities.**

HappinessFirst café at Mornington Library connects coffee, tea and treats with books, mags and more. The HappinessFirst team are now open for business, and our library customers are loving them! Open Monday to Saturday 9am-2pm, you can check their social media for daily specials. Come try the delicious range of food and drinks, served with a smile.

- 📍 [ourlibrary.mornpen.vic.gov.au/librarycafe](http://ourlibrary.mornpen.vic.gov.au/librarycafe)

## Have your say

As a community newsletter, we welcome your input. What type of information would you like to read about? Do you have a community event you would like to advertise?

Please email your ideas to:

- ✉ [positiveageing@mornpen.vic.gov.au](mailto:positiveageing@mornpen.vic.gov.au)

We are committed to Positive Ageing.

For a copy of the Positive Ageing Strategy:

- ☎ 5950 1000

- ✉ [positiveageing@mornpen.vic.gov.au](mailto:positiveageing@mornpen.vic.gov.au)