

A community for all ages



**MORNINGTON
PENINSULA**
Shire

Edition 25
Winter 2021

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Ageing well on the Mornington Peninsula

With the days getting shorter, and weather colder, it's tempting to retreat to the comforts of home. But there are still great opportunities to learn, stay active and make new friends.

In this edition, you'll find tips to stay well this winter, as well as COVID-19 information hotlines.

World Elder Abuse Awareness Day is on Tuesday 15 June. Meet the Peninsula Advisory Committee for Elders at the Rosebud Plaza to find out more.

If you've ever considered joining a University of the Third Age, there's no better time than now! We introduce you to the three wonderful U3As on the Peninsula.

October will see the return of the Get Active Expo in Mount Eliza, as well as Seniors Festival events across Victoria!

What do you love about living on the Peninsula? Participate in the 2021 Australian Liveability Census.

Stay warm, curious, and connected!

To join the mailing list or view electronically:

- ➔ mornpen.vic.gov.au/PositiveAgeingNewsletter
- ➔ positiveageing@mornpen.vic.gov.au



Mornington Peninsula Shire acknowledges and pays respect to the Boon Wurrung/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 LGBTI backgrounds.

15 June is World Elder Abuse Awareness Day

World Elder Abuse Awareness Day (WEAAD) is held annually on 15 June to highlight the worst manifestations of ageism and inequality in our society.

Elder abuse is any act which harms an older person and is carried out by someone they trust such as a family member, partner, carer or friend. The abuse may be physical, social, financial, psychological or sexual, and can include mistreatment and neglect.

First established by the International Network for the Prevention of Elder Abuse (INPEA) as an annual commemoration in 2006, WEAAD was officially recognised by the United Nations General Assembly in 2011. Ten years later, individuals, communities, municipalities and organisations will continue to come together across the globe to hold events on 15 June that raise awareness of elder abuse.

Older people have the right to live safely, be treated with dignity and respect, and make their own decisions. Elder abuse is when these rights are denied, resulting in harm.

If you, or someone you know, is experiencing elder abuse, call the Seniors Rights Victoria free and confidential helpline 📞 1300 368 821 or 1800 RESPECT (📞 1800 737 732).



On Tuesday 15 June, the Peninsula Advisory Committee for Elders (PACE) will be at the Rosebud Plaza to provide information about free support services available to you or anyone you know who may be experiencing elder abuse.

Staying well this Winter

To support your health and wellbeing, we encourage you to:

- practise good hygiene, including washing or sanitising your hands
- monitor your health and seek care if needed
- keep scheduled medical appointments
- keep active
- stay connected with family and friends
- consider using home delivery services
- ask for help if you're feeling anxious, unsafe or unwell.

If you have any questions about COVID-19, please contact

The Older Persons COVID-19 Support Line

8.30am – 6pm Monday to Friday:

📞 1800 171 866

The Multilingual Older Persons COVID-19 Support Line, 2-5pm Monday to Friday:

Italian: 📞 1800 549 844

Greek: 📞 1800 549 845

Vietnamese: 📞 1800 549 846

Mandarin: 📞 1800 549 847

Cantonese: 📞 1800 549 848

Arabic: 📞 1800 549 849

Peninsula Chamber Musicians Season 2021

Peninsula Chamber Musicians (PCM) is delighted to announce that following our extremely successful season launch in March, we will continue with the remainder of the season.



Photo by Amanda Stuart Photography

Continuing with our tradition of presenting high quality classical music incorporating ensembles of all sizes and styles, PCM will present chamber orchestra concert programs in June and November.

PCM will also present more intimate ensemble performances, which include the popular Beleura House and Garden concert in September and an exciting new Chamber Music series at St. John's Anglican Church in Flinders, in both July and August.

We are also working towards a return to Peninsula Hot Springs for the Seniors Festival in October.

Performances during 2021 will include works by Bach, Haydn, Mozart, Elgar and Beethoven, however the orchestral concerts will be subject to change depending on COVID-19 restrictions. Please join 'Friends of PCM' on our website to receive updates.

Excitingly, PCM are collaborating with the Shire and RPP FM to livestream our performances for free into aged care residences throughout the Mornington Peninsula.

However, we would love to see you if you are able to attend in person! Tickets can be pre-purchased online or at the door on the day of the performance.

🔗 trybooking.com/eventlist/peninsulachambermusicians

Tickets

- \$30 for adults
- \$22 for concession
- Free for students and children.

For more information on PCM and upcoming performance details, visit our website:

🔗 peninsulachambermusicians.com.au

Universities of the Third Age (U3As) have been formed and run all over the world by volunteers who want to keep active and involved in their communities. There are 104 U3As across Victoria offering courses and activities to more than 39,000 members.

On the Mornington Peninsula, we are lucky to have three vibrant and welcoming U3As offering a range of opportunities to stay active, learn additional skills and develop new friendships.

Mornington

Lifelong learning, social connection

U3A Mornington is a community of people aged 55+ who share a passion for lifelong learning and social connection.

Each year, our volunteer tutors offer over 100 courses for members. There are a range of courses from art, music, current affairs and discussion, history, languages, computers, tai chi, and yoga. There are also outdoor activities such as bushwalking and cycling, as well as excursions and social events.

In 2020, our tutors and members participated in courses via Zoom, providing a lifeline during the COVID-19 lockdowns. Although most of our courses are once again face-to-face, there are some courses where tutors and members have decided to continue via Zoom. We also have hybrid classes where some members participate from home, whilst others are on campus.

U3A Mornington has more than 900 members, and new members are always welcome. The annual membership fee is \$60, with no further charge for classes.

Please call us or visit our website for more information about our courses:

☎ 5975 9773

🌐 u3amornington.org.au



An outdoor painting class



Singing for fun at Dromana Football Ground

Hastings

Together again at last!

- New premises
- New timetables
- New courses
- Low fees

These are exciting times! Now that COVID-19 restrictions have eased, we can get together again. We have lined up for you an adventurous choice of new courses, and we're bringing back many of the most popular pre-COVID subjects as well.

Come and visit us, and have a look at our courses – there's sure to be something of interest to you. Membership enquiries welcome.

New location: Hastings Seniors Learning Hub corner Salmon and Herring Streets, Hastings

Office hours: **Mon, Tues** 10am – 4pm
Thurs 1 – 4pm

- 📞 5979 8585
- 🌐 hastingsu3a.org.au

By 'University of the Third Age' we mean people sharing knowledge, skills and activities of interest. There are no exams or certificates, just locals aged 45+ getting together, learning something new, enjoying activities they can share, and building a strong local fellowship.

Southern Peninsula

Open and ready to welcome new members!

If you have just moved to the Peninsula or recently retired, make U3A a top priority. Numerous courses and activities are on hand to keep your mind and body energised while making new friends.

Our courses include art & craft, photography, cooking, literature, discussion groups and book clubs. To keep up with your physical exercise, we have several walking groups, cycling, golf, kayaking, dancing, yoga and tai chi. We also offer day trips, cards, mahjong and chess, along with singing, musical keyboard, ukulele and guitar.

You may also want to offer a course to share your hobby or passion with others: you will find the experience rewarding as well as keeping your passion and talent alive.

For further information

Call or visit the Old Shire Office (359a Point Nepean Road, Dromana) on Tuesday or Thursday mornings, visit our website or email:

- 📞 5981 8777
- 🌐 u3asouthpen.org.au
- ✉ members@u3asouthpen.org.au

Seniors Festival 2021: Keepin' On

1 – 31 October

Cautious but optimistic planning has begun across the state for the 2021 Seniors Festival.

Following the theme of 'Keepin' On', a range of events are being developed to engage, support and inspire seniors across the Mornington Peninsula. The Victorian Senior of the Year Awards will also be returning in 2021.

As part of the Seniors Festival, the State Government has already announced eight days of free public transport for Seniors and Carers Card holders.

From **Sunday 3 October to Sunday 10 October 2021**, all metropolitan services, V/line services and regional town bus services will be free for those carrying their Seniors or Carers Cards, a valid myki card, and touching on and off as usual.

We encourage clubs and organisations to start planning events for the festival.

To advertise an event on the Shire's Seniors Festival website, plus the printed brochure, contact:

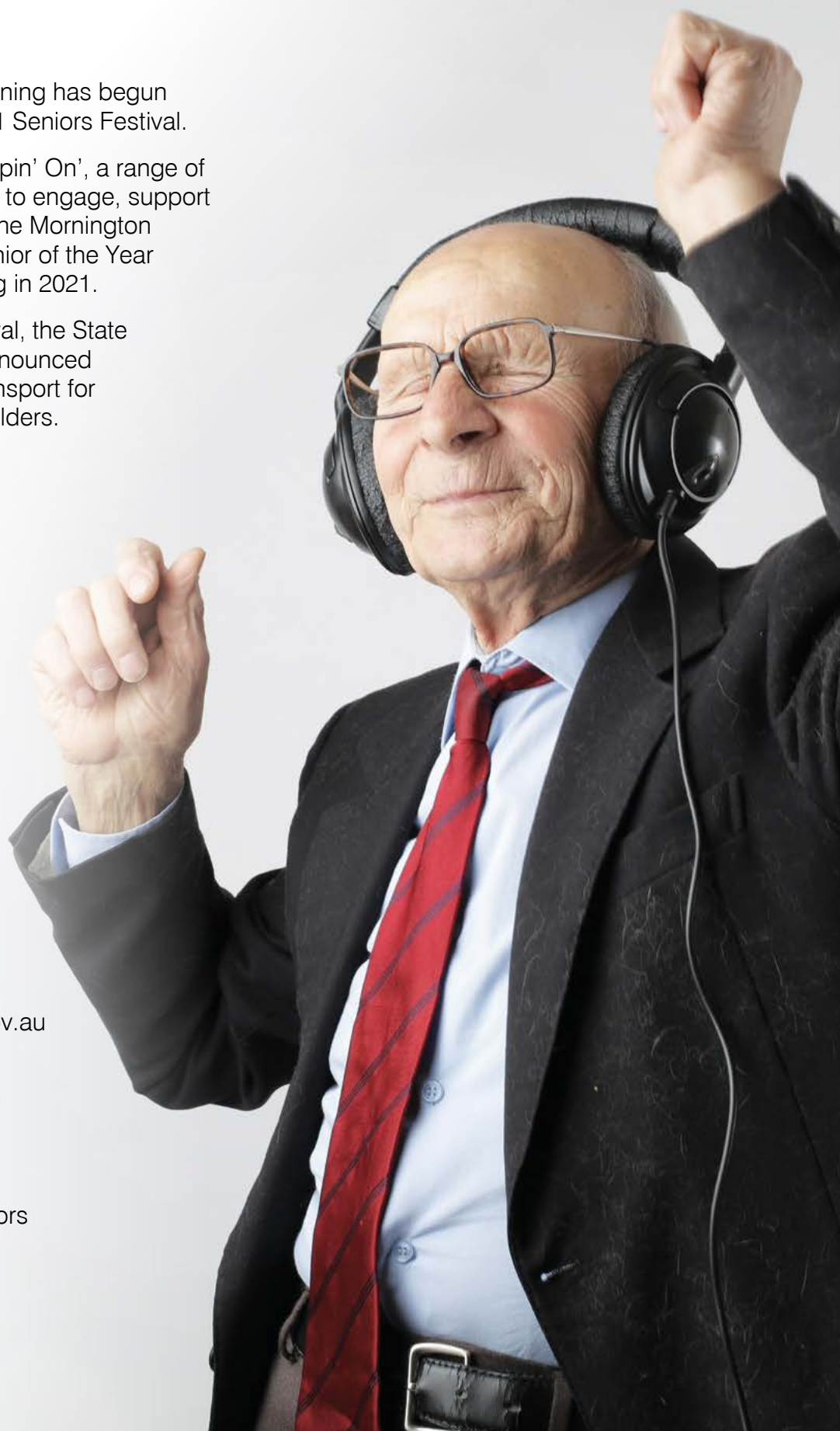
✉ seniors@mornpen.vic.gov.au

☎ 5950 1698

**For more information,
look out for the festival
brochure and visit:**

✉ seniorsonline.vic.gov.au

✉ mornpen.vic.gov.au/seniors



Get Active Expo for Ages 55+



Ageless Activities

Have you been looking for opportunities to be more physically active, meet new friends or get involved in the community? Then the Get Active Expo is where you need to be!

YMCA Camp Manyung, in partnership with the Mornington Peninsula Shire Council, Sport and Recreation Victoria and Frankston City

Council, will be running their annual – and absolutely free – Get Active Expo in October this year.

At Camp Manyung, participants will have the opportunity to try out a wide range of activities including tai chi, archery, tree rolling and even the Giant Swing! The Get Active Expo also showcases local clubs, groups and organisations which people aged over 55 can get involved in. These include the Peninsula Bushwalking Club, stand up paddle boarding and so much more.

Staying physically and socially active is important for every stage of life. As we get older we get consumed by our responsibilities and tend to forget about our own wellbeing. This event is a great opportunity to get your physical and mental health back on track.

Put **1 October 2021** in your calendars.

We can't wait to see you all there!

Register your interest via email or give us a call:

✉ campmanyung@ymca.org.au

☎ 9788 1100





The 2021 Australian Liveability Census

The largest social research project in Australian history is underway with the 2021 Australian Liveability Census.

After a year where our local neighbourhoods were more important than ever, now is the perfect time to understand what would make them better for you.

The survey gives the community a voice in a national benchmark project that will reveal what really matters and how our neighbourhoods are performing for the people who live there. Launched on Neighbour Day (24 March), the online survey is **open until 30 June**.

The survey will take you less than 15 minutes, but the results will have a lasting impact.

placescore.org/co

Inaugural Mayor's Short Story Awards are open!

The awards aim to encourage and support Peninsula writers, celebrate our diverse talent and showcase local stories and voices. We have exceptional judges on the panel including Paul Kennedy, Garry Disher, Danielle Binks and Mayor Despi O'Connor.

**Applications close
Sunday 1 August, 5pm.**

For more information and to submit a story, call or visit our website:

mornpen.vic.gov.au/writingawards

5950 1000

Have your say

As a community newsletter, we would welcome your input. What type of information would you like to see each season? Do you have a community event that you would like to advertise?

Please email your ideas to:

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