

Mornington Peninsula Seniors Festival



Positive Ageing

Event guide

1–31 Oct
2026



Victorian Seniors Festival 2026



Mornington Peninsula Shire acknowledges the Bunurong people, who have been the custodians of this land for many thousands of years; and pays respect to their Elders past and present.

We acknowledge that the beautiful land on which we meet is the place of age-old ceremonies, celebrations, initiation and renewal; and that the Bunurong people's living culture continues to have a unique role in the life of this region.

The 2026 Victorian Seniors Festival's theme is **Connect. Create. Celebrate.**

Older Victorians are encouraged to connect or reconnect with your interests, skills and hobbies. Create your own path and remain curious as you age. Celebrate positive ageing. The festival delivers events and activities that celebrate the diversity of all older Victorians by supporting accessibility and inclusion.

Festival Partner

**Victorian
Seniors
Festival
2026**



**Positive
Ageing**

Foreword

It gives me great pleasure to
present the 2026 Seniors Festival.

The festival features a diverse program of activities delivered throughout October, designed to encourage social connection, create new opportunities and celebrate ageing well on the Peninsula.

We extend our sincere gratitude to the many volunteers, community groups and club committee members who open their doors, welcoming visitors to try new activities, meet new people and discover places across our region.

Highlights include the Bee Gees Revival Concert at the George Jenkins Theatre and our Get Active Week, which encourages older people to explore and enjoy the Shire's leisure and aquatic centres.

We warmly invite you to join in and be part of the experience!

Mayor Stephen Batty
Mornington
Peninsula Shire

Bookings



This Guide lists events and activities provided by community groups and the Shire.

Bookings officially open on Friday 4 September (exception being Bee Gees Revival – bookings open on Monday 14 September) and are only necessary if an event requests bookings. See details in this guide and online:

mornpen.vic.gov.au/seniorsfestival

For Victorian events:

seniorsonline.vic.gov.au/festival

Post your festival photos with the hashtags: **#MornPenSeniorsFestival** and **#VicSeniorsFestival**

Free event transport

The Shire is providing free transport to our showcase events – The Bee Gees Revival Concert on 31 October and the Get Active Expo at Somerville Recreation Centre on 19 October.

To register for the shuttle bus transport, phone **5950 1695**

Free public transport

Nine days of free public transport

As a Victorian Seniors Card holder, you can get out and explore metropolitan Melbourne and regional Victoria with free travel from 3-11 October.

Remember to always carry your Seniors myki and Victorian Seniors Card with you on public transport. Touch on and off as usual, you won't be charged.

Free travel during this period covers all public transport in Victoria, including:

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

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

You need to reserve a seat on long-distance V/Line trains and selected coaches.

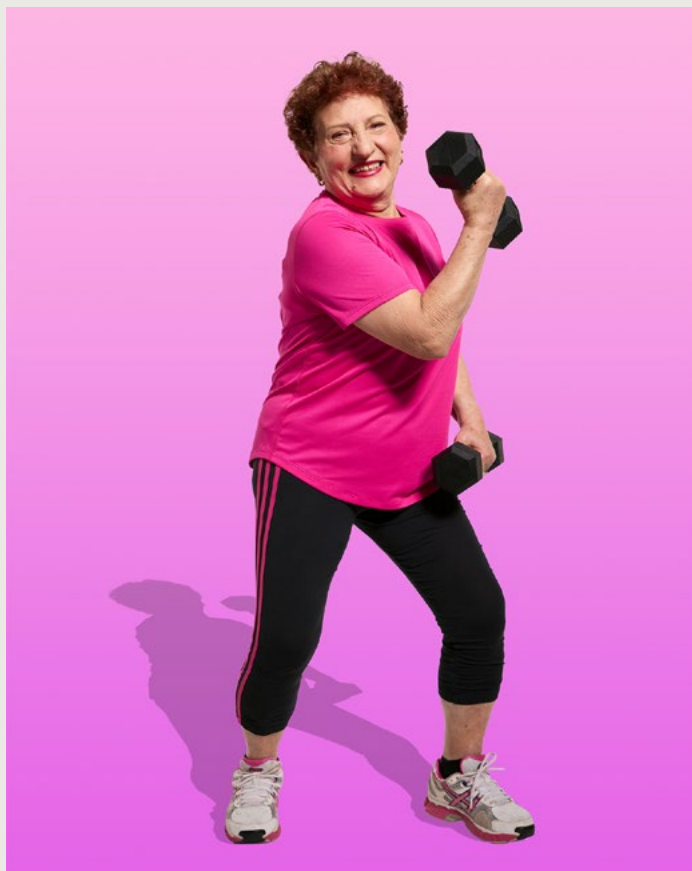
Reservations can be made by visiting your nearest train station or phoning Public Transport Victoria from 10am, Tuesday 1 September: **1800 800 007**

Book early and pick up tickets within 48 hours. For larger group bookings contact V/Line from 10am, 1 September: **vline.com.au/grouptravel**

If you can't travel on the day you have booked, don't forget to cancel your booking to free up your seat!

Event listing

October 2026



How to use the guide

For a quick look at what is on around the Peninsula during October, see the full event listing, then follow the page references to find out more.

Date	Event	Location	Page
Thurs 1 Oct	Chair Yoga	Capel Sound	46
	Yidaki-Led Meditation	Red Hill	19
Sat 3 Oct	Red Hill Rail Trail Parkrun	Red Hill	45
	Art in the Garden	Dromana	52
	Trivia Night	Dromana	33
Sun 4 Oct	Guided Community Garden Tour	Dromana	48
	Rosebud Italian Club Lunch	Rosebud	30
	Come and Try Lawn Bowls	Mornington	30
Mon 5 Oct	Try Table Tennis	Mornington	46
	Research your Family History	Capel Sound	37
	AI & ChatGPT for Everyday Life	Mornington	40
	Westernport Quilters	Tyabb	24
Tues 6 Oct	Belly Dancers - Jewels of the Bay	Rye	45
	Bushwalking at Balcombe Estuary	Mt Martha	49
	Try Table Tennis	Mornington	46
	Drop-in Volunteering Sessions	Mornington	42

Date	Event	Location	Page
Tues 6 Oct	Explore your Family History	Frankston	37
	Cactus Revival Visible Mending	Mt Martha	38
	Seniors Exercise Park	Mt Martha	17
Wed 7 Oct	Rising Moon Tai Chi	Mornington	56
	Come and Try Pistol Shooting	Mt Martha	36
	Try Table Tennis	Mornington	46
	LGBTIQA+ Life Memoir Workshop	Mt Martha	42
Thurs 8 Oct	Music with John Carlo Berlotti	Rosebud	23
	Janelle's School of Dance	Mornington	44
	Try Table Tennis	Mornington	46
	Get Prepared for Emergencies	Mornington	59
	Blairgowrie Friends Walk	Blairgowrie	48
	Smorgasbord of Music	Somerville	25
Fri 9 Oct	Hastings U3A Open Day	Hastings	36
	Fine Arts Society Lecture	Mt Martha	24
	Try Table Tennis	Mornington	46

Date	Event	Location	Page
Fri 9 Oct	Seniors Exercise Park	Hastings	17
	Support Centre Open Day	Mornington	32
	Author Talk with The Urban Nanna	Rosebud	59
Sat 10 Oct	Red Hill Rail Trail Parkrun	Red Hill	45
	Books, Blokes and Bubs	Mornington	54
	Downsizing Session	Mornington, Mt Eliza	57
Sun 11 Oct	Mt Martha Bowls, Pétanque	Mt Martha	45
	McCrae Coastal Care	McCrae	49
	Writing Your Memoir	Mornington	38
Mon 12 Oct	Navigating My Aged Care	Mornington	39
	Croquet and Cuppas	Tootgarook	33
	Research your Family History	Capel Sound	37
Tues 13 Oct	A Walk on the (Wildflower) Side	Mornington	50
	Optimise your Health and Wellness	Mornington	57
	Explore Your Family History	Frankston	37
	Guided Sorrento Street Walk	Sorrento	24

Date	Event	Location	Page
Tues 13 Oct	Seniors Exercise Park	Mt Martha	47
	Get Prepared for Emergencies	Rye	59
	Apple Devices Session	Mornington	37
	Tour of Tounnin Youth Hub	Rosebud	54
	Healthy Ageing Research	Mornington	60
	Drop-in Volunteering Sessions	Rosebud	42
Wed 14 Oct	Rosebud Beach Community Bowls	Rosebud	33
	Come and Try Pistol Shooting	Mt Martha	36
	Get Prepared for Emergencies	Crib Point	59
	Vintage Cars and 'Gypsy' Show	Capel Sound	23
	Explore Indigenous Flora and Culture	McCrae	50
	Rosebud Combined Probus High Tea	Rosebud	33
Thurs 15 Oct	Music at Tanti House	Mornington	25
	Dromana Valley Probus	Dromana	28
	CPR and Automated Defibrillation	Red Hill	56
	Volunteer in Schools	Mornington	38

Date	Event	Location	Page
Thurs 15 Oct	Drawing in the Gallery	Mornington	39
Fri 16 Oct	Balcombe Estuary Reserves Group	Mt Martha	48
	Seniors Exercise Park	Hastings	47
	Pickleball Beginners Come and Try	Sorrento	44
	Animal Shelter Behind the Scenes	Mornington	39
Sat 17 Oct	Red Hill Rail Trail Parkrun	Red Hill	45
	Books, Blokes and Bubs	Mornington	54
	Community Garden Open Day	Mornington	41
	Multicultural Film Festival	Rosebud	18
	The Joy of Music	Frankston	25
	Recorder Ensemble at Coolart	Somers	22
Sun 18 Oct	Seniors Bocce	Capel Sound	60
Mon 19 Oct	Dromana Seniors' Club Open Day	Dromana	28
	Get Active Expo	Somerville	16
	Research your Family History	Capel Sound	37
	Volunteering Information Session	Capel Sound	31

Date	Event	Location	Page
Tues 20 Oct	Apple Devices Session	Mornington	37
	1960s Dance Party	Mt Martha	44
	Seniors Exercise Park	Mt Martha	47
	U3A Southern Peninsula Open Day	Dromana	36
	Explore Your Family History	Frankston	37
	Drop-in Volunteering Sessions	Hastings	42
Wed 21 Oct	Come and Try Pistol Shooting	Mt Martha	36
	Creating Craft with CWA	Rosebud	22
	Cycling Without Age	Mornington	57
	Soundwaves	HMAS Cerberus	23
	Garden Tips with Vasili	Hastings, Mornington	40
Thurs 22 Oct	Intergenerational Community lunch	Mt Eliza	52
	Drawing in the Gallery	Mornington	39
	Seniors High Tea	Crib Point	28
	Community Lunch - High Tea	Capel Sound	31

Date	Event	Location	Page
Fri 23 Oct	Paint and Pastry Morning Tea	Mornington	22
	Author Talk with Christine Dineen	Hastings	40
	Seniors Exercise Park	Hastings	47
	Hear Well, See Well	Hastings	58
Sat 24 Oct	Red Hill Rail Trail Parkrun	Red Hill	45
	Books, Blokes and Bubs	Mornington	54
Sun 25 Oct	Nonni Day – Grandparents Day	Blairstown	52
	Mt Martha Bowls and Pétanque	Mt Martha	45
Mon 26 Oct	Hastings Seniors Club Open Day	Hastings	29
	Stay Steady, Stay Strong	Capel Sound	58
	Research your Family History	Capel Sound	37
	Dutch Seniors Club 40th Anniversary	Tyabb	32
	Family History and Morning Tea	Dromana	41
Tues 27 Oct	Work for Money and Enjoyment	Safety Beach	56
	Movie Afternoon	Sorrento	30
	Explore your Family History	Frankston	37

Date	Event	Location	Page
Tues 27 Oct	Tootgarook Seniors Activities	Tootgarook	32
	Apple Devices Session	Mornington	37
	Seniors Exercise Park	Mt Martha	47
	Home Electrification Made Easy	Hastings	60
Wed 28 Oct	Planting for Native Birds and Bees	Mt Martha	53
	How to Get Involved in Volunteering	Mornington	41
Thurs 29 Oct	Warringine Wetlands Guided Walk	Crib Point	50
	Clothes Bazaar at Wallaroo	Hastings	29
	Movement to Music	Capel Sound	46
	Seniors Get Savvy	Dromana	29
	Navigating My Aged Care	Capel Sound	58
Fri 30 Oct	Balcombe Estuary Reserves Group	Mt Martha	48
	Seniors Exercise Park	Hastings	47
Sat 31 Oct	The Bee Gees Revival	Frankston	20
	Ramble from St Paul's to Sphinx	Sorrento	49
	Red Hill Rail Trail Parkrun	Red Hill	45



19–25 Oct

Get Active!

at the Aquatic and Leisure Centres



Get Active Week begins with the Get Active Expo at Somerville Recreation Centre, 14 Edward St on Monday 19 October, 10am–2pm.

It will connect community members with local programs, services and providers in one location.

Throughout Get Active Week (19–25 Oct) ‘come and try’ sessions will be held at the Shire’s five aquatic and leisure centres.

Sessions include physiology information, blood pressure checks, class demonstrations, aqua classes, swim lessons, health club tours and social sports.

To book, visit the website or phone: **active.mornpen.vic.gov.au/events/**

Pelican Park Recreation Centre: **8727 8980**

Crib Point Outdoor Pool: **5983 9672**

Somerville Recreation Centre: **8727 8970**

Civic Reserve Recreation Centre: **8727 8990**

Yawa Aquatic Centre: **8727 8960**

6 and 9 Oct

Seniors Exercise Parks

Mt Martha and Hastings



Come and Try Seniors Exercise Parks Mt Martha and Hastings

- Discover a fun and supportive way to stay active!
- Meet our friendly volunteer exercise champions
- Learn how to use the equipment safely and effectively

Enjoy a complimentary morning tea from the coffee van while building your confidence, improving fitness, and boosting your overall wellbeing.

This hands-on session is a great opportunity to:

- Enhance your health
- Connect with others in your community
- Learn how to become an exercise champion

Dunns Rd Reserve

127 Dunns Rd,
Mt Martha

- 6 Oct, 10am – 11.30am

Hastings Foreshore Reserve

91 Marine Pde (next to Hastings Tennis Club)

- 9 Oct, 10am – 11.30am
- Weather dependent
- mornpen.vic.gov.au/seniorsparks

17 Oct

Multicultural Film Festival

Rosebud Cinema



Join us for the **Multicultural Film Festival (MFF)**. This is an annual event that celebrates multiculturalism through the lens of short films.



These films explore stories of cultural diversity and living in multicultural Australia, home to the world's oldest continuous cultures and people who identify with more than 300 ancestries.

The Shire is offering a special screening at the Rosebud Cinema to coincide with Seniors Festival.

Peninsula Cinemas
Rosebud Pde

- 17 Oct, 4–5.30pm
- Bookings essential
- **5981 2555**
(Rosebud Cinema)
- **mornpen.vic.gov.au/mff**
- Wheelchair accessible

Yidaki-Led Meditation

Nearkey Biik Educational Centre, Red Hill



Experience a unique Yidaki (didgeridoo)–led meditation and healing session with Lionel Lauch of Living Culture.

Uncle Lionel, a Gunditjmara Kirrae Wurrung-Bundjalung man, shares his deep connection to Country and cultural knowledge through sound and storytelling.

Living Culture is an indigenous-led

organisation based on the Peninsula. It delivers cultural, educational and healing programs that honour the Bunurong people.

In this group session, the powerful vibrations of the Yidaki promote relaxation, grounding and wellbeing, offering a gentle and restorative opportunity to pause, reflect and connect with culture.

Nearkey Biik Educational Centre
195 Arthurs Seat Rd,
Red Hill

- 1 Oct, 11am–12pm
- Bookings essential
- **5950 1318** (Jess)
- **reconciliation@mornpen.vic.gov.au**

31 Oct

The Bee Gees Revival

George Jenkins Theatre, Frankston



The Bee Gees Revival features the much-loved hits from when it all started in the 1960s through to their last studio album.

From Spicks and Specks to Stayin' Alive, and many more, the hits keep coming! Backed by a group of talented musicians, the Bee Gees Revival will take you on an amazing journey.

You'll hear how some of your most loved Bee Gees hits were created and get a peek into their musical lives.

**George Jenkins Theatre
Monash University
(Peninsula)**

47-49 Moorooduc Hwy,
Frankston

- 4-6.15pm (doors 3.15pm)
- Free
- Bookings essential from 14 Sept, 9am*

- 9905 1111 (box office)
- monash.edu/performing-arts-centres/whats-on
- Transport for Shire residents: 5950 1695

*If you can't attend, please let the booking office know.

Employment Forum

Safety Beach Sailing Club



Considering a career change, returning to work or looking to increase your hours?

Do you have questions about what employers are looking for, how to update your skills or where to access support and advice?

Join a panel of industry experts to learn about current employment opportunities, available services and practical strategies for

finding work. Access useful resources, ask questions and gain confidence in navigating the workforce as an older person.

Whether you're re-entering the job market, exploring a new career path or seeking additional work, this session will provide valuable information and support.

Safety Beach Sailing Club

185 Marine Dve

- 27 Oct, 2-2.30pm
- Bookings essential
- **5950 1579**
(Katherine)

Events

Arts and culture



Paint and Pastry Morning Tea

Enjoy social painting and drawing in a friendly, supportive environment while indulging in freshly baked pastries and beverages.

No experience needed, just come along, relax and enjoy the morning.



Creating Craft with CWA

Enjoy craft demonstrations by Rosebud CWA members and light refreshments.

Create your own craft piece in a relaxed setting. No experience needed, with all materials supplied.



Peninsula Recorder Ensemble

Friends of Coolart invite you to enjoy the Peninsula Recorder Ensemble performing in Coolart's beautiful Observatory.

Live music begins at 2pm, with the historic homestead open for viewing from 11am.

Lyft Community Headquarters

41 Watt Rd, Mornington

- 23 Oct, 10.30am–12.30pm
- Free
- Bookings essential
- trybooking.com/DLLII
- **0418 828 518** (Office)
- Wheelchair accessible

Rosebud Uniting Church Hall

6 Murray–Anderson Rd

- 21 Oct, 9.30–11.30am
- Gold coin
- Bookings essential
- **0418 356 686** (Jane)
- Wheelchair accessible

Coolart Wetlands and Homestead

40 Lord Somers Rd, Somers

- 17 Oct, 11am (homestead viewing) 2–4pm (live music)
- Free
- Bookings essential
- coolart.org.au/coming-events/
- **0439 047 460** (Marnee)
- Wheelchair accessible



Music with John Carlo Berlotti

Enjoy a special performance by acclaimed operatic tenor John Carlo Berlotti, known for his rich, expressive voice and his work with world-class musicians. Followed by morning tea.



Vintage Cars and 'Gypsy' Tribute Show

Enjoy a display of 20 vintage vehicles from the Southern Peninsula Classic and Historical Car Club, followed by a live performance from Gypsy, the Australian Fleetwood Mac Show.

Morning tea provided.



Soundwaves Concert

The Royal Australian Navy Band Melbourne invites you to join them for a concert featuring their full wind band.

Enjoy a '*Last Night of the Proms*' themed performance as part of their long-standing free public concert series, 'Soundwaves.'

Rosebud Over 50s Social Club

121 - 123 Ninth Ave

- 8 Oct, 10.15am–12pm
- Free
- Bookings essential
- **0417 100 670** (Sylvia)
- Wheelchair accessible

Regis Capel Sound

34A Balaka St

- 14 Oct,
11am (car show)
1pm (Gypsy concert)
- Free
- Bookings essential
- **sandrews@
regis.com.au**
- **0418 332 285**
(Sheridyn)
- Wheelchair accessible

Band and Cinema Complex

Cook Rd, HMAS Cerberus

- 21 Oct, 2–3pm;
6.30–7.30pm
- Free
- Bookings essential
- **trybooking.
com/events/
landing/1526677**
- Wheelchair accessible

Events

Arts and culture



Decorative and Fine Arts Society Lecture

Join Amanda Herries for *The Japanese Garden in the West: 100 Years of Eastern Influence*.

Discover the principles of Japanese garden design and whether gardens can be created outside Japan.



Guided Sorrento Street Walk

Discover Sorrento's rich history on a guided walking tour led by Sorrento Visitor Information Centre and Nepean Historical Society.

Stroll historic streets, visit Sorrento Museum and enjoy morning tea.



Westernport Quilters

A mini quilt show showcasing beautiful creations. Visitors are welcome to bring sewing, sit and stitch in a relaxed setting.

Enjoy a cuppa and cake while chatting and learning about quilting.

Balcombe Grammar School

389 Nepean Hwy,
Mt Martha

- 9 Oct, 5.30–6.30pm
- Free
- Bookings essential
- adfasmp@gmail.com
- **0412 437 246** (Ann)
- Wheelchair accessible

Meet at Sorrento Visitor Information Centre

Cnr Ocean Beach Rd
and George St, Sorrento

- 13 Oct, 10am–12pm
- Free
- Bookings essential
- trybooking.com/DLXHB
- **0400 011 124** (Dee)
- Wheelchair accessible

Tyabb Community Hall

Cnr Frankston–Flinders
Rd and Mornington–
Tyabb Rd

- 5 Oct, 10.30am–1pm
- Gold coin
- **0407 156 465**
(Heather)
- Wheelchair accessible



Smorgasbord of Music

Somerville Community House presents music featuring The Southern Sounds Chorus and Peninsula Voices, alongside Somerville Strummers ukulele group.

Enjoy a selection of favourite tunes, followed by afternoon tea.



The Joy of Music

Chamber music presented by the musicians of Frankston Symphony Orchestra in a concert that is accessible and enjoyable for everyone, including those with hearing loss.



Music at Tanti House

Enjoy a welcoming day with free games, activities, refreshments and learn more about programs on offer.

The Peninsula Recorder Ensemble will perform live at 2pm, sharing music from the Renaissance through to folk and contemporary pieces.

Somerville Seniors' Hall 1/21 Worwong Ave

- 8 Oct, 2–4.30pm
- Free
- Bookings essential
- **5977 8330** (Kim)
- Wheelchair accessible

The Performing Arts Theatre

Frankston High School,
97 Foot St, Frankston

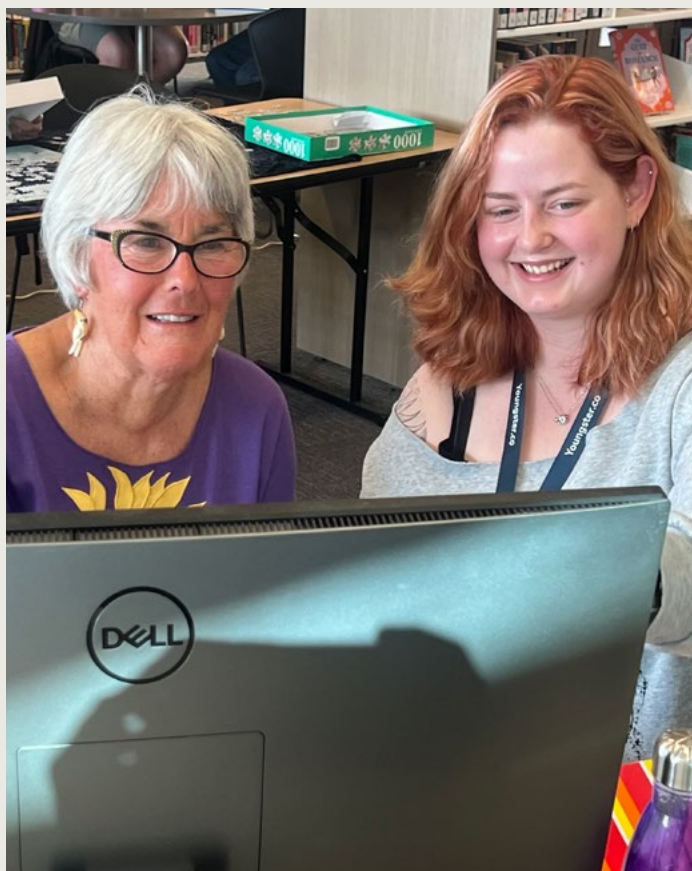
- 17 Oct, 2.30–4pm
- \$20
- Bookings essential
- **fso.org.au/event-details/concert-4-the-joy-of-music**
- **1300 322 322**
- Wheelchair accessible

Tanti House

91 Robertson Dve,
Mornington

- 15 Oct, 9am–3pm
- Free
- **0415 526 163** (Marita)
- Wheelchair accessible





Events

Visit our club/centre



Seniors High Tea

Sponsored by Hastings and District Bendigo Community Bank, enjoy a delightful high tea featuring fine china, soothing music, freshly baked scones with jam and cream, delicious finger food, friendly conversation, new friendships and fun.



Dromana Valley Probus Club Open Day

Enjoy morning tea and a variety of fun activities.

Test your skills with crazy whist, trivia or get active with bocci and giant bag toss.

Learn what Probus has to offer, then finish the morning with a free sausage sizzle.



Dromana Seniors' Club Open Day

Join us for live musical entertainment, a sausage sizzle and afternoon tea in a welcoming club setting. All activities taking place from 19–23 October are free and open to all.

Crib Point Community House

7 Park Rd

- 22 Oct, 10.30am – 12.30pm
- Free
- Bookings essential
- **5983 9888** (Mary)
- Wheelchair accessible

Dromana Community Centre

Cnr Verdon St and Hodgkinson St

- 15 Oct, 10am–12pm
- Free
- **0414 333 133** (Bill)
- Wheelchair accessible

Dromana Senior Citizens' Centre

44 Pier St

- 19 Oct, 12.30–4pm
- Free
- Bookings essential
- **0482 042 195** (Glenda)
- Wheelchair accessible



Hastings Seniors' Club Open Day

Enjoy freshly prepared treats, friendly conversation and a welcoming community atmosphere.

It's a wonderful opportunity to meet others, make new connections and experience the comfort and companionship of our club.



Clothes bazaar at Wallaroo

Join us for an afternoon celebrating our seniors, featuring a free clothes bazaar, delicious afternoon tea and an inspiring guest speaker.

This community event offers a welcoming space to connect and enjoy good company.



Seniors Get Savvy

Come together and share lunch and fun activities including a family history presentation, singing circle and art demonstrations.

Gifts for all, along with a morning tea of scones, jam and cream. This is a day not to be missed.

Hastings Senior Citizens' Club

16 Herring St

- 26 Oct, 10.30am–12pm
- Gold coin
- Bookings essential
- **5909 8012** (John)
- Wheelchair accessible

Wallaroo Community House

6 Wallaroo Pl

- 29 Oct, 1–3pm
- Free
- Bookings essential
- **5970 7000** (Lisa)
- Wheelchair accessible

Dromana Community House

15 Gibson St

- 2 Oct, 10am–3pm
- Gold coin
- **0499 213 924** (Liz)
- Wheelchair accessible

Events

Visit our club/centre



Rosebud Italian Club lunch

Enjoy a traditional Italian BBQ lunch, meet our friendly members and make new connections.

Share good food and conversation with like-minded people in a welcoming, relaxed community atmosphere



Movie Afternoon

Enjoy a movie screening at the Sorrento Portsea Senior Citizens' Centre, followed by afternoon tea.

Connect with others in a warm, welcoming environment. A perfect opportunity to socialise and be part of your community.



Come and Try Lawn Bowls

Mornington Bowling Club hosts a fun day for beginners.

Coaches and friendly members will be on hand to help you learn and enjoy the game. Stay for a complimentary sausage sizzle and afternoon tea.

Rosebud Italian Club

8 Newington Ave

- 4 Oct, 11.30am–4pm
- \$10
- Bookings essential
- **0438 886 790** (Josephine)
- Wheelchair accessible

Sorrento Activity Centre

823 Melbourne Rd,
cnr Queens Rd

- 27 Oct, 1pm
- Gold coin
- **0411 145 409** (Diane)
- Wheelchair accessible

Mornington Bowling Club

767A, The Esplanade

- 4 Oct, 11am–3pm
- Free
- Bookings essential
- **0400 302 080** (David)
- Wheelchair accessible



Rosebud Beach Community Bowls Club

Enjoy ocean air, green surrounds and a relaxed, welcoming atmosphere. Perfect for beginners and experienced players alike.

Come for the bowls and stay for the friendliness and seaside charm.



Volunteering Information Session

An informal and welcoming session highlighting the benefits of volunteering and the opportunities available at the Hub.

Volunteers will discuss how it can become a meaningful way to stay active, connected and engaged.



Community Lunch - High Tea

Join us for a special seniors festival community lunch, featuring a high tea prepared by our in-house chef from Gather Cafe.

Enjoy sweet and savoury treats while connecting with others in a warm and friendly setting.

Rosebud Beach Community Bowls Club 952 Pt Nepean Rd

- 14 Oct, 1–4pm
- Free
- **0418 274 895** (Neil)
- Wheelchair accessible

Capel Sound Community Hub 11A Allambi Ave

- 19 Oct, 2–3pm
- Free
- Bookings essential
- **capelsoundcommunityhub.com.au/whats-on-at-the-hub-2/**
- **0451 551 022** (Natalie)
- Wheelchair accessible

Capel Sound Community Hub 11A Allambi Ave

- 22 Oct, 1–3pm
- \$15
- Bookings essential
- **capelsoundcommunityhub.com.au/whats-on-at-the-hub-2/**
- **0451 551 022** (Natalie)
- Wheelchair accessible

Events

Visit our club/centre



Tootgarook Seniors Activities Afternoon

Visit our centre for fun activities including bowls, cards and refresh your strategy skills with a round of rummikub.

Our knitters will be creating jumpers for children in hospital. Enjoy a cuppa and afternoon tea.



Mornington Community Support Centre

Learn about local support services, available concessions and programs.

Meet and ask questions of specialist staff, volunteers and community agencies and enjoy light refreshments.



Dutch Seniors Club 40th Anniversary

Celebrate our 40th anniversary with a lively and social gathering.

Enjoy Klaverjas, a traditional Dutch trick-taking card game, and Rummikub, a tile-based game of strategy and numbers, while connecting with others.

Tootgarook Senior Citizens' Centre 2 Barry St

- 27 Oct, 1–3pm
- Free
- Bookings essential
- **0409 140 382** (Marie)
- Wheelchair accessible

Mornington Community Support Centre 320 Main St

- 9 Oct, 11am–3pm
- Free
- **5975 1644** (Louise)
- Wheelchair accessible

Tyabb Hall 1535 Frankston– Flinders Rd

- 26 Oct, 10.30am–3.30pm
- Free
- Bookings essential
- **0418 931 278** (Paula)
- Wheelchair accessible



Trivia Night

Join us for a fun-filled trivia night featuring games, great company and a silent auction.

Gather a table of up to eight, bring gold coins and enjoy complimentary tea and coffee.



Rosebud Combined Probus High Tea

Join Rosebud Combined Probus Club for a welcoming High Tea featuring a lemonade scone demonstration.

Discover how staying active, making friends, sharing laughter and stimulating your mind supports wellbeing in retirement.



Croquet and Cuppas

Join RNB Croquet Club and discover a game where strategy beats strength.

Meet new people, share a few laughs and enjoy this surprisingly addictive sport in a friendly, welcoming atmosphere.

St Mark's Anglican Church
273 Point Nepean Rd,
Dromana

- 3 Oct, 7pm
- \$10
- Bookings essential
- **contact@stmarksdromana.org.au**
- **0494 654 685** (Keith)
- **trybooking.com/DNRLV**
- Wheelchair accessible

Rosebud Bowling Club
952 Point Nepean Rd

- 14 Oct, 10.45am-12pm
- Free
- Bookings essential
- **0428 643 759** (Elaine)
- Wheelchair accessible

Front oval, Truemans Rd Reserve
Tootgarook

- 12 Oct, 10am-12pm
- Gold coin
- Bookings essential
- **0421 486 890** (Terri)





Events

Lifelong learning



U3A Southern Peninsula Open Day

You're invited to learn about U3A, enjoy afternoon tea and hear short presentations on local issues.

Discover learning opportunities, meet members and find out how to get involved.



Come and Try Pistol Shooting

Give air pistol shooting a try in a safe, supportive environment at our modern indoor range.

Suitable for beginners, with guidance provided and limited places available for each session.



Hastings U3A Open Day

Explore a variety of activities, meet the tutors and learn about available courses.

Enjoy a warm welcome, morning tea and the opportunity to connect, discover new interests and be inspired.

Dromana Community Hall

359 Pt Nepean Rd

- 20 Oct, 2–4.30pm
- Free
- Bookings essential
- **5981 8777** (Office)
- Wheelchair accessible

Peninsula Pistol Club

509 Nepean Hwy,
Mt Martha

- 7 and 21 Oct, 6–7.30pm
- 14 Oct, 6–7.30pm (women only)
- \$10
- Bookings essential
- **0435 725 424** (Hudson)
- Wheelchair accessible

Hastings Community Hall

3 High St

- 9 Oct, 10.30am–12.30pm
- Free
- **5979 4280** (Julie)
- Wheelchair accessible



Explore your Family History

Discover your family history with the Mornington Peninsula Family History Society.

Whether you're just starting out or already researching, visit our centre to explore our extensive resources. Experienced researchers will be on hand to guide you.

Frankston South Community and Recreation Centre
55 Towerhill Rd

- 6, 13, 20, 27 Oct, 11am–2pm
- Free
- **9783 7058** (Corrina)
- Wheelchair accessible



Research your Family History

Take a journey into your past with the Family History and Genealogy Group and uncover your family's story.

Bring along details about your grandparents and learn how to trace your heritage through the generations.

Room 7, Capel Sound Community Hub
11A Allambi Ave

- 5, 12, 19, 26 Oct, 9.30am–3pm
- Free
- Bookings essential
- **capelsoundcommunityhub.com.au/whats-on-at-the-hub-2/**
- **0402 858 878** (Annette)
- Wheelchair accessible



Apple Devices Session

Learn practical tips to get more from your Apple device with Apple Users Society of Melbourne (AUSOM).

Bring your iPad, iPhone or Apple Watch (not Android) and receive hands-on support.

Mornington Community House
3/91 Wilsons Rd

- 13, 20, 27 Oct, 1–3pm
- Free
- Bookings essential
- **0421 126 175** (Barry)
- ausom.net.au/visitor
- Wheelchair accessible

Events

Lifelong learning



Volunteer in Schools

Learn about opportunities to support young people in schools who need extra guidance and encouragement. Learn about the meaningful impact our volunteers make, have your questions answered and enjoy a friendly cuppa and morning tea.

Mornington Community House
3/91 Wilsons Rd

- 15 Oct, 10.30am–12pm
- Free
- peninsulaam@edconnect.vic.gov.au
- **0477 316 462** (Jess)
- Wheelchair accessible



Cactus Revival Visible Mending

Want to help keep clothing out of landfill and extend the life of your wardrobe?

Learn visible mending techniques to transform well-loved garments into unique, one-of-a-kind pieces. This beginner-friendly session focuses on hand stitching only.

Mt Martha Community House
466 Esplanade,
Mt Martha

- 6 Oct, 10am–12pm
- Free
- Bookings essential
- **0407 524 238** (Kate)
- Wheelchair accessible



Writing Your Memoir

Join a supportive workshop hosted by Peninsula Club to explore stories and begin writing a memoir.

Learn simple techniques to spark memories, structure your narrative and build confidence. Share experiences and reflect on life's milestones.

Bentons Square Community Centre
145 Bentons Rd,
Mornington

- 11 Oct, 10am–12.30pm
- \$10
- Bookings essential
- peninsulawritersclub.com.au/events
- **0414 526 118** (Muriel)
- Wheelchair accessible



Animal Shelter Behind the Scenes

Go behind the scenes with a guided tour of the Shire's Community Animal Shelter. Meet our dedicated staff and get up close with the animals in our care.

Afterwards, enjoy a relaxed Q&A session with tea and coffee provided.

Mornington Peninsula Community Animal Shelter

130 Watt Rd, Mornington

- 16 Oct, 2-3pm
- Free
- Bookings essential
- **5950 1838** (Leesa)
- Wheelchair accessible



Drawing in the Gallery

The Mornington Peninsula Regional Gallery's Creative Learning Officer invites you to an enjoyable guided workshop followed by free drawing and creative exploration.

Suitable for all skill levels, these sessions encourage confidence and creativity.

Mornington Peninsula Regional Gallery

Civic Reserve, Unit 2/350
Dunns Rd, Mornington

- 15 and 22 Oct, 2-3pm
- Free
- Bookings essential
- **5950 1580** (Amanda)
- Wheelchair accessible



Navigating My Aged Care

Learn how to access My Aged Care, understand assessments, avoid common pitfalls, explore the new Support at Home program, and discover free support services including care finders and advocacy.

Mornington Library Vancouver St

- Oct 12, 11am-12pm
- Free
- Bookings essential
- **5950 1820** (Office)
- **library.mornpen.vic.gov.au/navigatingagedcare**

Events

Lifelong learning



Author talk with Christine Dineen

Join us for a presentation on the history of French Island, its industries, flora and fauna, and its road to becoming a National Park.

Christine will share her story in writing 'French Island, a visitor's guide – an island in isolation'.

Hastings Library
7 High St

- Oct 23, 11–12pm
- Free
- Bookings essential
- **library.mornpen.vic.gov.au/events**
- **5950 1710**
- Wheelchair accessible



Garden tips with Vasili

Vasili Kanidiadis from the TV gardening show Vasili's Garden will be visiting our library!

Come along to meet Vasili and learn all his gardening tips and tricks and his simple approach to a happier life.

Mornington Library
Vancouver St

- Oct 21, 11 – 12pm

Hastings Library
7 High St

- Oct 21, 2–3pm
- Free
- Bookings essential
- **library.mornpen.vic.gov.au/events**
- **5950 1820**
- Wheelchair accessible



AI and ChatGPT for Everyday Life

Curious about Artificial Intelligence (AI), but not sure where to start? Join us for a practical, friendly session.

Learn how to use tools like ChatGPT in practical ways, protect your personal information online and complete tasks efficiently.

Mornington Library
Vancouver St

- Oct 5, 10.30–11.30am
- Free
- Bookings essential
- **library.mornpen.vic.gov.au/events**
- **5950 1820**
- Wheelchair accessible



How to Get Involved in Volunteering

Do you want to contribute to your local community in a way that connects with your personal values?

Learn how volunteering is beneficial to our health and provides opportunities for friendship and skill development.



Family History

Everyone has a story worthy of a book! Take a journey back in time with Maggie and Lynne as they uncover the lives, loves, triumphs and challenges of generations past.

Every branch of the family tree has a story to be told.



Community Garden Open Day

Explore the Mornington Community Garden on an informative self-guided tour.

Learn about composting and organic gardening principles. Enjoy refreshments, a raffle, family activities and plant and book sales.

**Mornington Library
Meeting Room 1 and 2**
Vancouver St

- Oct 28, 1-2pm
- Free
- Bookings essential
- **5950 1307** (Alexandra)
- Wheelchair accessible

**Dromana
Community House**
15 Gibson St

- 26 Oct, 9.30am-12pm
- Free
- Bookings essential
- **0499 213 924** (Liz)
- Wheelchair accessible

**Mornington
Community Garden**
43 Mitchell St

- 17 Oct, 10am-3pm
- Free
- **0407 880 530** (Val)
- Wheelchair accessible

Events

Lifelong learning



Drop-in Volunteering Sessions

Come along to a volunteering drop-in session to explore local opportunities, ask questions and receive personalised guidance.

Discover meaningful volunteer roles, connect with your community and learn how you can make a difference.



LGBTIQA+ Life Memoir Workshop

LGBTIQA+ community members are invited to join us for a reflective and supportive experience where you can explore your life story through guided storytelling and gentle writing prompts.

Free event and lunch provided.

Mornington Library

Vancouver St

- Oct 6, 10am – 1pm

Rosebud Library

McDowell St

- Oct 13, 10am – 1pm

Hastings Library

7 High St

- Oct 20, 10am – 1pm
- Free
- **5950 1307** (Alexandra)
- Wheelchair accessible

Mt Martha

Community House

466 Esplanade

- Oct 7, 10am-1pm
- Free
- Bookings essential
- **eventbrite.com.au/e/1990843211638**
- **5950 1228** (Sarah)
- Wheelchair accessible



Events

Get moving



Janelle's School of Dance

Enjoy a fun jazz dance session. Improve mobility, balance and wellbeing while connecting with others.

Suitable for all abilities, this uplifting class offers movement, music and social connection in a welcoming environment.



Pickleball Beginners 'Come and Try'

Discover the fun of pickleball in a welcoming beginner session with qualified coaches.

Learn new skills, meet people and enjoy this easy-to-learn, social sport. Bring runners and a water bottle.



1960s Dance Party

Join us for great fun and exercise learning 1960s go-go dance moves to the wonderful songs of the 1960s.

Moves are easy to learn and easily adapted to ability. No partner required. Optional: Your favourite 1960s style outfit!

Mornington Park Pavillion 9 Flinders Dve

- 8 Oct, 10–10.45am
- \$5
- janellehouse1@bigpond.com
- **0400 198 238** (Janelle)
- Wheelchair accessible

Sorrento Community Centre 860–868 Melbourne Rd

- 16 Oct, 1–3pm
- Free
- Bookings essential
- **5984 3360** (Office)
- Wheelchair accessible

Mt Martha House Community Centre Room 49, 466 Esplanade

- 20 Oct, 2–3pm
- \$5
- trybooking.com/DKZCF
- **0412 989 749** (Vicky)
- Not wheelchair accessible



Mt Martha Bowls, Pétanque and Social Club

Join us for two welcoming community open days.

Try bowls and pétanque, explore our facilities, and enjoy a friendly social atmosphere overlooking the beautiful Balcombe Estuary.



Red Hill Rail Trail Parkrun

The parkrun is a free, welcoming and inclusive weekly 5km event.

Set along the peaceful bushland trail, it welcomes runners, walkers and volunteers of all abilities, offering a friendly community atmosphere.



Belly Dancers – Jewels of the Bay

Discover the joy of learning basic belly dance movements in a supportive and enjoyable setting.

This gentle, low-impact activity helps improve flexibility, balance and coordination. Participants can stay active, build confidence and have fun.

Mt Martha Bowls, Pétanque and Social Club

45 Watson Rd

- 11 and 25 Oct, 11am–3pm
- Free
- **0467 663 985** (Tony)
- Wheelchair accessible

Red Hill Rail Trail

Rear 165 Shoreham Rd

- 3, 10, 17, 24, 31 Oct
- Free
- Bookings essential
- **parkrun.com.au/register**
- Not wheelchair accessible

Rye Senior Citizens' Hall

Napier St

- 6 Oct, 5.30–6.30pm
- Gold coin
- Bookings essential
- **0414 545 653** (Clara)
- Wheelchair accessible

Events

Get moving



Try Table Tennis

Mornington Peninsula and Frankston City Table Tennis Association invites you to a week of table tennis sessions.

Stay active, connect socially and enjoy a hit, whether beginner or experienced player.

Table Tennis Stadium, Civic Reserve Recreation Centre
350 Dunns Rd
Mornington

- Oct 5–9, 9.30–11.30am
- Free
- **0425 707 876** (Lucy)
- Wheelchair accessible



Chair Yoga

A gentle and accessible chair yoga class led by our experienced instructor Amber, designed to support mobility, flexibility and relaxation.

This session will also introduce participants to the regular wellbeing programs available at the Hub.

Capel Sound Community Hub
1A Allambi Ave

- 1 Oct, 10–11am
- \$15
- Bookings essential
- **capelsoundcommunityhub.com.au/whats-on-at-the-hub-2/**
- **0451 551 022** (Natalie)
- Wheelchair accessible



Movement to Music

Join our fun, chair-based exercise group led by an experienced Allied Health assistant.

Enjoy gentle movements set to music, designed to improve strength, flexibility and wellbeing in a supportive environment.

It's a great way to stay active and socialise.

Village Glen Retirement Living
335 Eastbourne Rd,
Capel Sound

- 29 Oct, 10–10.45am
- Free
- Bookings essential
- **5986 4455** (Rachel)
- **rachel.rofe@villageglen.com.au**
- Wheelchair accessible



Seniors Exercise Parks Come and Try Days

Meet our Exercise Champions and learn to use the specialised equipment safely and effectively. Improve balance, confidence, fitness and agility while supporting your wellbeing. A fun, hands-on way to stay active and connect with others (weather dependent).

Dunns Road Reserve

127 Dunns Rd, Mt Martha

- 13, 20, 27 Oct, 10–11am

Hastings Foreshore Reserve

91 Marine Pde (next to Hastings Tennis Club)

- 16, 23, 30 Oct, 10–11am
- Free
- No bookings required
- mornpen.vic.gov.au/seniorsparks
- Wheelchair accessible



Events

Connecting with nature



Relaxed Walk in Nature

Join Blairgowrie Friends of Mornington Peninsula National Park for a walk near Koonya Ocean Beach, where we'll explore the unique coastal environment.

Afterwards, enjoy a shared morning tea and chat about the discoveries from the walk.



Balcombe Estuary Reserves Group

Join a 1.8 km walk outlining the history, the unique environment and showcasing efforts by the friends group BERG to maintain this area.

There are steps and occasional rough surfaces on this walk.



Community Garden Tour

Tour our vibrant community garden featuring creative displays of garden art, including sculptures and handcrafted pieces.

Connect with volunteers and explore how gardening and creativity come together in this welcoming environment.

**Lower carpark,
Koonya Ocean Beach**
Hughes Rd, Blairgowrie

- 8 Oct, 10–11am
- Free
- Bookings essential
- **0419 290 857** (Norm)
- Separate wheelchair accessible walks available if requested.

Balcombe Estuary
16A Mirang Ave,
Mt Martha

- 16, 30 Oct,
9.45–10.45am
- Free
- Bookings essential
- **0427 433 585** (Kath)
- Not wheelchair accessible

**Dromana
Community Garden**
10 Marna St, Dromana

- 4 Oct, 2–3pm
- Gold coin
- **0408 365 128** (Marion)
- Wheelchair accessible



Walk at Balcombe Estuary

Peninsula Bushwalking Club invites you to connect with nature on a walk beside Balcombe Estuary. Meet like-minded people, learn about local flora and fauna, and wear sturdy non-slip shoes.



McCrae Coastal Care

Join a hands-on working bee exploring how the McCrae foreshore is cared for.

Hear from the Shire's Bush Management Team about local indigenous plants, how to identify them and what grows best in the area. Take home an indigenous plant.



A ramble from St Paul's to the Sphinx

Join the Nepean Conservation Group for a stunning coastal moonah woodland ramble in the Mornington Peninsula National Park.

Learn about our local flora and we might meet with cheeky fantails and shy bluetongue lizards.

Meet at the car park end Mirang Ave, Mt Martha

- 6 Oct, 9.15–11.45am
- Free
- Bookings essential
- **0403 334 839** (Peter)

McCrae Coastal Group McCrae foreshore Rotunda

Enter Point Nepean Rd opposite Coburn Ave, McCrae

- 11 Oct, 10am–12pm
- Free
- **5986 4159** (Margaret)

Meet at St Paul's Rd carpark, Sorrento

- 31 Oct, 9.30–12.30pm
- Free
- Bookings essential
- **0408 877 852** (Ursula)
- Not wheelchair accessible

Events

Connecting with nature



Warringine Wetlands Guided Walk

Join Western Port Visitor Information Centre for a guided walk along the Warringine boardwalk.

Led by a Western Port Biosphere expert, discover and learn about the variety of ecosystems including mangroves and coastal wetlands, local birdlife and marine creatures.



Explore Indigenous flora and culture

Join Southern Peninsula Allies for a guided walk along the McCrae foreshore. Learn about First Nations culture, Indigenous flora and bush foods from a First Nations guide from Living Culture.



Walk on the (Wildflower) Side

Enjoy a guided walk through some of Mornington's best preserved remnant grassy woodland with Friends of Mornington Railway Reserve.

Experience its beautiful and rare plants and its wildlife followed by morning tea.

Jacks Beach Reserve, Bittern
(off Woolleys Rd, Bittern)
Meet at car park.

- 29 Oct, 10-12pm
- Free
- Bookings essential
- **0425 739 567** (Del)
- Not wheelchair accessible

676 Point Nepean Rd, McCrae
Meet at Lighthouse

- 14 Oct, 10.30am-12.30pm
- \$20
- Bookings essential
- **0409 859 046** (Marg)
- **trybooking.com/DMAWE**
- Wheelchair accessible

North side Bungower Rd/Mornington Railway intersection

Reserve adjacent to 83 Bungower Rd

- Oct 13, 9.30- 11am
- Free
- Bookings essential
- **0427 888 712** (Marty)
- Not wheelchair accessible



Events

Intergenerational



Intergenerational Community Lunch

Join us for a delicious two-course meal prepared by our volunteer chef.

Meet the Mt Eliza Neighbourhood House community, build meaningful connections across generations, and celebrate friendship and belonging.



Nonni Day – Grandparents Day

Grandparents and their grandchildren are invited to a day of games, activities, food and prizes.

It's a wonderful opportunity to share laughter, create memories, and celebrate family and community together.



Art in the Garden

Explore a vibrant community exhibition showcasing handmade garden art including scarecrows, sculpture, pottery and woodwork.

Local groups and individuals share their passion for creativity and gardening, with judged entries and awards presented.

Mt Eliza Neighbourhood House
90–100 Canadian Bay Rd

- 22 Oct, 12–1.30pm
- \$5
- Bookings essential
- **9787 8160** (Roh)
- Wheelchair accessible

Blairgowrie Seniors Activity Centre
10 William Rd

- 25 Oct, 12–4pm
- \$10 per person, under 16s free
- Bookings essential
- **0403 669 225** (Maria)
- Wheelchair accessible

Dromana Community Garden
10 Marna St

- 3 Oct, 11am–5pm
- Gold coin
- **0408 365 128** (Marion)
- Wheelchair accessible



Planting for Birds, Bees and Butterflies

Join author Jaclyn Crupi for an Intergenerational workshop. This hands-on session explores simple, sustainable ways to attract native birds, bees and butterflies into your garden and outdoor spaces.

Grandchildren are warmly encouraged to attend.

**Eco Living Display
Centre, The Briars**
450 Nepean Hwy,
Mt Martha (adjacent
to the Briars Nursery)

- 28 Oct, 10.30–12pm
- Free
- All materials provided
- Bookings essential
- **gardeningwith
grandkids26.
eventbrite.com.au**
- **5950 1887** (Stephanie)
- Wheelchair accessible



Events

Intergenerational



Grandparents Supported Playgroup

Grandparents and grandchildren are invited to join our weekly supported playgroup at The Briars, where nature-inspired fun brings generations together.

Sessions can include bush walks, bird watching and scavenger hunts!



Books, Blokes and Bubs

If you're a dad, grandfather or important male role model please join us for a relaxed group designed to support you.

If you live on the Peninsula and have a child under four, come along for a free coffee, Storytime session and the chance to connect.



Tour of Tounnin Youth Hub

An engaging event designed to help older community members better understand the wellbeing supports available to young people at the youth hub.

Discover services, meet staff and learn how the space fosters positive youth development.

The Briars, Mt Martha 450 Nepean Hwy

- Check website for dates
- Free
- Bookings essential
- mornpen.vic.gov.au/supportedplaygroups
- **5950 1099** (Child and Family Health)
- Wheelchair accessible

Mornington Library Vancouver St

- Oct 10, 17, 24, 9-10.30am
- Free
- Bookings essential
- mornpen.vic.gov.au/booksblokesbubs
- **5950 1099** (Child and Family Health)
- Wheelchair accessible

Tounnin Wominjeka Youth Hub 80 Besgrove St, Rosebud

- Oct 13, 12-2pm
- Free
- **1300 850 600**
- Wheelchair accessible



Events

Health and wellbeing



CPR and automated defibrillation

You could save a life. St George's Red Hill invite you to a live demonstration of CPR and automated external defibrillator (AED) use by paramedic John Gullifer.

Have a go using practice manikins and AEDs. This non-accredited session is a great introduction to life saving skills.



Rising Moon Tai Chi

A gentle introduction to Tai Chi and Qigong. This session introduces flowing movements to improve balance, relaxation and wellbeing.

Suitable for all abilities, it's a wonderful opportunity to move, breathe and connect in a welcoming and supportive environment.



Work for Money and Enjoyment Forum

Are you looking for a career change, to increase your hours of work or just get back into the workforce?

Hear from a panel of experts, access relevant and useful resources and learn how to navigate working as an older person.

St George's Hall

201 Arthurs Seat Rd,
Red Hill

- 15 Oct, 10am–12pm
- Free
- **0493 297 036** (Jennie)
- Bookings essential
- Wheelchair accessible

The Studio

91 Wilsons Rd, Mornington

- 7 October, 12–1pm
- Free
- Bookings essential
- **rmtc.punchpass.com/classes/19761164**
- **0418 566 216** (Jenny)
- Wheelchair accessible

Safety Beach Sailing Club

185 Marine Dve,
Safety Beach

- 27 Oct, 2–3.30pm
- Free
- Bookings essential
- **5950 1579**
- Wheelchair accessible



Cycling Without Age

Enjoy free trishaw rides from Mornington Park to Mornington Pier and return, offering a relaxing and accessible experience.

Each ride includes a pilot and space for two passengers. Individuals can be assisted on and off the trishaw (if required).



Optimise your Health and Wellness

Practical and easy-to-follow pain management and movement workshop, designed to help you move more comfortably and stay active. Led by qualified health professional from LivFit Physio, this session will share strategies to improve mobility.



Downsizing Session

Downsizing is a major life decision, but for many it is a positive step towards a more manageable and financially secure future.

Julia Dyer is offering two separate sessions, designed to help you feel more confident and in control on your downsizing journey.

Corner Main St and the Esplanade (near the arch), Mornington Park

- 21 Oct, 10am–2pm
- Free
- Bookings essential
- **0423 412 144** (Ross)
- Wheelchair accessible

Lyft Community Headquarters

41 Watt Rd, Mornington

- 13 Oct, 11am–12pm
- Free
- Bookings essential
- trybooking.com/DLXAL
- **0418 828 518** (Office)
- Wheelchair accessible

Bentons Square Community Centre

145 Bentons Rd, Mornington

- 10 Oct, 10.30am–12pm

Mt Eliza

Neighbourhood House

90–100 Canadian Bay Rd, Mt Eliza

- 10 Oct, 1.30–3pm
- Gold coin donation
- Bookings essential
- **0404 293 485** (Julia)
- Wheelchair accessible

Events

Health and wellbeing



Stay Steady, Stay Strong

Looking to maintain balance and mobility as you age? Discover practical tips based on research from clinicians and researchers at Monash University and the National Centre for Healthy Ageing.

Participate in research and improve wellbeing.



Hear Well, See Well

Discover practical, evidence-based advice from allied health clinicians and researchers from the National Centre for Healthy Ageing.

Learn how to care for your eyes and ears as you age.



Navigating My Aged Care

Katie, a trained Occupational Therapist, will share her expertise on recent changes to My Aged Care.

Learn how to access an assessment, understand current waiting times and gain insight into the potential costs involved.

Rosebud Community Health Centre

Meeting Room 1,
38 Braidwood Ave,
Capel Sound

- 26 Oct, 10–11am
- Free
- Bookings essential
- **9788 1722** (Lucy)
- Wheelchair accessible

Hastings Community Health Centre

Meeting Room 5,
185 High St

- 23 Oct, 10–11am
- Free
- Bookings essential
- **9788 1722** (Lucy)
- Wheelchair accessible

Village Glen Retirement Living

335 Eastbourne Rd,
Capel Sound

- 29 Oct, 1.30–3pm
- Free
- Bookings essential
- **info.session@villageglen.com.au**
- **5986 4455** (Jo)
- Wheelchair accessible



Author Talk with The Urban Nanna

Join sustainability educator and author Anna Matilda, 'The Urban Nanna', for an inspiring talk on everyday permaculture.

Discover simple ways to live more sustainably and learn how traditional skills support wellbeing, connection and environmental care.



Get Prepared for Emergencies

Gain practical skills to handle unexpected events in this informative session presented by the Shire's Community Resilience and Emergency Management Team.

Learn simple steps to improve preparedness, safety and confidence in emergencies.

Rosebud Library

McDowell St

- Oct 9, 11-12pm
- Free
- Bookings essential
- **library.mornpen.vic.gov.au/events**
- **5950 1230** (Office)
- Wheelchair accessible

Mornington Library

Vancouver St

- Oct 8, 2-3pm
- Afternoon tea provided

Rye Community Centre

27 Nelson St

- 13 Oct, 11.30am-12.30pm
- Lunch provided

Crib Point

Community Centre

7 Park Rd

- 14 Oct, 1-2pm
- Afternoon tea provided
- Free
- Bookings essential
- **em@mornpen.vic.gov.au**
- **5950 1375** (Abbey)
- Wheelchair accessible

Events

Health and wellbeing



Home electrification

Discover how to reduce energy bills and make your home more comfortable and healthy.

Learn about the Shire's Home Energy Upgrade program and practical ways to improve energy efficiency.

Hastings Library
7 High St

- Oct 27, 10–11.30am
- Free
- Bookings essential
- **electrify26.**
eventbrite.com.au
- Wheelchair accessible



Seniors Bocce

Come along to the Australian Croatian Social Club – Mornington Peninsula Rye Bocce Club Open Day.

Our members will share the game of bocce inviting you to take part, learn about the game and lend a hand as you play. Tea, coffee and cake provided.

Recreation Reserve
113C Trueman's Rd,
Capel Sound

- Oct 18, 2–4pm
- Free
- **0408 990 652** (Gordan)
- Wheelchair accessible



Healthy Ageing Research

Join Monash University researchers as they share findings from the Beyond 50 study of more than 1,000 local residents.

Discover what the research reveals about healthy ageing on the Peninsula and share your thoughts over afternoon tea.

Mornington Library Community Rooms
Vancouver St

- Oct 13, 1.30–3pm
- Free
- Bookings essential
- **0481 094 802** (Kathleen)
- **Kathleen.vdw@mornpen.vic.gov.au**
- Wheelchair accessible



Major events



For more information about events in Melbourne and regional Victoria:
seniorsonline.vic.gov.au/festival



Celebration Day

3 Oct, 11am–5pm

The festival launch features seven hours of free entertainment and activities for older Victorians, friends and families. **Federation Square, Melbourne**



Town Hall Big Band Dance

5 Oct, 12–3.30pm

Melbourne Town Hall hosts the Big Band Dance, featuring The Daryl McKenzie Swing Band.
events.humanitix.com/vsf-big-band-dance



ACMI Seniors Film Festival

5–11 Oct

Held at **Federation Square's Australian Centre for the Moving Image (ACMI)** **8663 2583**



Country Concert Series

1–31 Oct

Across regional Victoria, artists perform the Country Concert series in partnership with local councils.

Ageing well on the Mornington Peninsula



The Shire is committed to supporting older people to stay active and connected.

In addition to delivering the annual Seniors Festival, the Shire offers a wide range of initiatives designed to support older residents to maintain their wellbeing, independence and social connections.

- Positive Ageing Newsletter
- Ageism and Elder Abuse Prevention
- Peninsula Advisory Committee for Elders
- Seniors Exercise Parks
- Legal Forums and Employment Forums
- Dying to Know Day
- We All Belong Strategy
- Stay Active and Stay Connected Directory

Contact the Positive Ageing team

For more information: **1300 850 600**
positiveageing@mornpen.vic.gov.au

Access the Positive Ageing Newsletter online:
mornpen.vic.gov.au/positiveageingnewsletter

Through the development of the Shire's *We all Belong Strategy*, we learnt that older people loved connecting with outdoor spaces and the natural environment and was a key contributing factor to living on the Mornington Peninsula.

They enjoy access to organised community based and social activities such as U3A, leisure facilities, libraries, community houses, senior citizen clubs and golf clubs. Many felt safe and welcomed in their local communities.

The Seniors Festival has been designed to be welcoming and inclusive of all older people.

