

# A community for all ages



MORNINGTON  
PENINSULA  
*Shire*

Edition 26  
Spring 2021

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## Ageing well on the Mornington Peninsula

A COVIDSafe Seniors Festival will return in October and we're delighted to showcase some of the events on our Peninsula.

**All event information was correct at the time of printing, but due to changing COVIDSafe settings, some events may need to be cancelled, postponed or moved online.**

Please use the provided booking and contact information to confirm details closer to the listed dates.

If singing is your thing, then you might want to learn more about the Australian Welsh Male Choir and the Southern Peninsula Choir.

To celebrate its second birthday, Monash University's RAIL Research Centre is calling on Peninsula residents aged over 50 to assist in their valuable research.

### 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 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.

# Victorian Seniors Festival

We're delighted to still be able to offer some events for our Peninsula residents when the reimagined Seniors Festival returns between **1-31 October 2021**.

For more information visit our website:

📍 [mornpen.vic.gov.au/seniorsfestival](http://mornpen.vic.gov.au/seniorsfestival)

To celebrate the Seniors Festival, the Victorian Government is providing a variety of programming, featuring a remarkable range of Victorian and Australian performers, creators, makers and thinkers. Visit the Seniors Online website to watch performances, listen to radio plays, and find information about the festival program. 📍 [seniorsonline.vic.gov.au/festival](http://seniorsonline.vic.gov.au/festival)

**Victorian Seniors Festival Reimagined 2021**

**on keep'n on keep'n**

Note: event listings were correct at the time of printing.  
Please use booking and contact information to confirm any changes to events.

## Let's get vaccinated

### Why get vaccinated?

- It significantly reduces your risk of getting COVID-19
- It protects you against becoming very sick if you do get COVID-19
- It helps protect your family, friends and community
- It gets us back to the good things in life!

### How to get vaccinated

- Call your GP to check if they are offering vaccinations
- Call the vaccine hotline or book online:
  - 📞 1800 675 398 or
  - 📍 [coronavirus.vic.gov.au/vaccine](http://coronavirus.vic.gov.au/vaccine)

### Where can I get vaccinated?

- At your GP or some local pharmacies
- Frankston Community Vaccination Hub: Bayside Shopping Centre
- Peninsula Health Vaccination Clinic: Suite 5, 1533 Point Nepean Road, Capel Sound
- Peninsula Vaccination Centre: 1391 Point Nepean Road, Rosebud

For help with booking or travel contact us: 📞 5950 1000

# Move and Connect | Get Active Expo for 55+

## Postponed until 2022

YMCA Camp Manyung have partnered with Sport and Recreation Victoria, the Shire and Frankston City Council to bring you annual Get Active Expos.

As part of Seniors Festival, locals aged 55+ are usually invited to join us at picturesque Camp Manyung in Mount Eliza to discover new opportunities to 'get active'.

The Expos are a fantastic chance to explore and adopt new activities into your life, meet local community organisations, chat with other like-minded people and appreciate the surrounds as you enjoy morning tea.

There is something for everyone at the Get Active Expos: from archery, cricket, croquet, walking groups, table tennis, chair yoga to

Camp Manyung's own Giant Swing for a truly invigorating experience!

Unfortunately, COVIDSafe settings require us to postpone our 2021 Get Active Expo, but we will be back, bigger and better, in 2022!

We would still love to connect with you. For more information on what we will have on offer for you at YMCA Camp Manyung in the future, get in touch with us:

📞 9788 1100

✉️ [campmanyung@ymca.org.au](mailto:campmanyung@ymca.org.au)

While we now won't be able to celebrate with you on 1 October, we are thinking of you on this International Day of Older Persons.



**I HAVE TWO BEAUTIFUL GRANDKIDS. I GOT ONE DOSE FOR EACH OF THEM**

I don't want another long stretch of not seeing my granddaughters. They change too much, too fast. So I am fully vaccinated, and fully ready to be back grandfathering again.

**Get informed and get vaccinated.**  
**Have a talk with a doctor or pharmacist.**

GO TO [CORONAVIRUS.VIC.GOV.AU](https://www.coronavirus.vic.gov.au)  
OR CALL 1800 675 398

**VOICES FOR VACCINE**

**VICTORIA**  
State Government

Authorised by the Victorian Government, 1 Treasury Place, Melbourne

# Inaugural Australian Ageism Awareness Day

EveryAGE Counts is launching the first national opportunity to draw attention to the existence and impacts of ageism in Australia, which is a critical step to changing community attitudes. The day coincides with the UN's International Day of Older Persons.

EveryAGE Counts is organising a virtual morning tea with the theme 'Ageism. Know it. Name it'. There will be guest speakers and short videos. Individuals and groups are invited to gather (online or in person where restrictions permit) with their friends and associates to host the event.

If the morning tea cannot be hosted on the day - it can be hosted whenever it suits. The Toolkit provided to morning tea hosts will be relevant for ageism campaigning activities beyond this



inaugural Ageism Awareness Day. For more information or to register, contact EveryAGE Counts: 📍 [bit.ly/3yo1Sqp](https://bit.ly/3yo1Sqp) ☎ 0406 435 290

## Seniors Festival at Our Library

Would you like to try Tai Chi or a mindfulness session? Do you want to learn more about how to digitally declutter or research your family history? Would you like to join us for a musical morning tea or learn about healthy habits for longevity? What about attending an author talk and hearing about some really interesting new books? You can do all this and more at Mornington Peninsula Libraries in October!

### Bookings open 10 September:

📍 [ourlibrary.mornpen.vic.gov.au/Events](https://ourlibrary.mornpen.vic.gov.au/Events)

Alternatively, you can contact the relevant library branch directly.

Hastings: ☎ 5950 1710

Mornington: ☎ 5950 1820

Rosebud: ☎ 5950 1230



### Mindfulness workshop:

**come and try a session of mindfulness**

Rosebud Fri 8 October, 1.30pm

Rosebud Fri 15 October, 1.30pm

### Tai Chi workshop:

**come and try a session of Tai Chi**

Mornington Tues 12 October, 2.30pm

Mornington Tues 26 October, 2.30pm

**Enjoy a lovely session of melodies with local musician Pete Pascoe**

Mornington Wed 20 October, 10.30am

Hastings Fri 22 October, 10.30am

### Healthy Habits for Longevity

Rosebud Sat 23 October, 11am



## Seniors Festival at the Briars

Present your seniors card at the Briars Nursery and receive 1 free indigenous plant. The range includes tube stock of ground covers, grasses, wildflowers, shrubs and trees

Wednesday 6 – Friday 8, Wednesday 13 – Friday 15 October only. Limit 1 per person.  
For more information: ☎ 5974 8417 ✉ [nursery@mornpen.vic.gov.au](mailto:nursery@mornpen.vic.gov.au)

## What's on at the Eco Living Display Centre

To book over the phone, call ☎ 5974 1005

The Eco Living Display Centre is located within the Briars, 450 Nepean Highway, Mount Martha

**Keeping Backyard Chooks**                      **Saturday 2 October, 10.30am – 12pm**                      **Tickets \$20**

Book at: ✉ [chook.eventbrite.com.au](http://chook.eventbrite.com.au)

Come along to this workshop by Ella from Chooktopia and learn how to create a healthy, happy chooktopia of your own. The workshop will cover chook health, nutrition, housing and protection from predators, as well as sustainability and benefits of keeping these delightful animals. Ella will also talk about local law guidelines to help you plan out a productive chook yard. Please wear appropriate clothing for the weather, closed-toe shoes and your mask.

**Compost Like a Champion!**                      **Friday 15 October, 10.30am – 12pm**                      **FREE for seniors**

Book at: ✉ [compostchampion.eventbrite.com.au](http://compostchampion.eventbrite.com.au)

***Don't miss out on receiving your free plant from the Briars Nursery!***

Discover how to make the most of your household and garden waste in this hands-on workshop. Our composting expert will provide insights into creating a rich and natural conditioner for your garden, explain composting, worm farms and Bokashi, tips for composting in small spaces and information for Shire residents on the new food waste collection system and the compost rebate.

**Summer-Wise Homes**                      **Friday 15 October, 1 – 2.30pm**                      **FREE for seniors**

Book at: ✉ [summerwisehomes.eventbrite.com.au](http://summerwisehomes.eventbrite.com.au)

Come and see what the Eco House has on display and learn how to prepare your home for summer without breaking the bank. Our simple but informative session, will provide easy, cost-effective ways to make your home cool and energy efficient, helping to keep you comfortable and safe during the warmer months. All attendees will receive a free draught excluder!

# Australian Welsh Male Choir

**Every Monday evening a group of around fifty men converge on the Village Baxter. They are mostly retired, though there is no age stipulation. They have one thing in common: they all like to sing.**

The **Australian Welsh Male Choir** (or, as it styles itself, Côr Meibion Cymreig Awstralia) started in Frankston forty seven-years ago when a group of ex-patriot Welshmen got together to sing at Christmas. The choir is based on the choral tradition of the Welsh Valleys where every little town and village has its own male voice choir singing in four-part harmony. A quarter of the repertoire is sung in “the language of the angels” (as the Welsh modestly claim).

The choir has sung in all the eastern states of Australia and in Tasmania too, as well as touring New Zealand, China, Taiwan, Hong Kong and in the United Kingdom. Over the years, the Australian Welsh Male Choir tours have visited nearly every town in regional Victoria that has a stage and have raised many thousands of dollars for charity.

Twice a month it hosts free events in pubs – at Kirks On The Esplanade in Mornington and at the Charles Dickens Tavern in Melbourne. The choir presents a number of songs, and all are welcome (and encouraged!) to join in.

Research continues to prove the significant health advantages of singing. Couple that with the benefits and mental agility provided by a second language, it's not surprising that the choristers often sing well into their eighties and beyond.

Members are also at pains to promote a culture of genuine fellowship and caring for each other. Miss a rehearsal or two and someone will be on the phone for a chat. Just like the men's shed for many of the members, working with a group of blokes to achieve a common end allows for that sense of belonging that is often lacking when a full-time job ends.

So if you find yourself singing in the shower, share it round! Give Phil a ring on 📞 0401 608 896

There's a Ladies Welsh Choir too! Phone Trudi for more information: 📞 0406 678 261





**Scholarship Awards Presentation (L-R):** Emerson Smith (Honourable Mention), Anne Boscutti (Convenor, SPC), Charlotte Carr (Scholarship Winner) and Ava de Vries (Encouragement Award)

## Two choirs unite to perform post-lockdown

**In an exciting collaboration, the Southern Peninsula Choir (SPC) and Flinders Singers are presenting a concert in Rosebud, Sunday 21 November.**

The performance by both choirs will include works by Wilbye, Handel, Haydn, Fauré, Brahms and Mendelssohn. It will also feature solos by students from the SPC choral singing scholarship.

SPC recently organised the Raising Our Voices project. The project was funded by the Shire offered a scholarship to make classical singing more accessible for younger people while strengthening the choir for retired and semi-retired members.

Both choirs are directed by Antony Ransome, a retired baritone who lives on the Peninsula after a career in Europe as a lead opera singer and professional choir director. The choirs look forward to returning to public performances.

**Enquiries:** John Lemcke 📞 0438 041 154

### Seniors Festival Choral Workshop

**4-6pm, Thursday 21 October**  
Uniting Church Hall, 6 Murray-Anderson Road, Rosebud

**Tickets:** \$20  
\$15 seniors/concession

**To book:**

📍 [trybooking.com/BTOHZ](https://trybooking.com/BTOHZ)

**Enquiries:** Maxine Lemcke

📞 0438 351 957

### Combined Choirs Concert

**2pm, Sunday 21 November**  
Rosebud Memorial Hall, 994 Point Nepean Road, Rosebud

**Tickets:** \$25  
\$20 (student/ concession)  
\$10 (children under 13)

**To book:**

📍 [trybooking.com/BTOHU](https://trybooking.com/BTOHU)

**Enquiries:** Anne Boscutti

📞 0408 414 141

### SPC regular rehearsals

**4-6pm, every Thursday during scheduled semesters**  
Uniting Church Hall, 6 Murray-Anderson Road, Rosebud

**SPC membership:**

\$20 plus \$65 semester fees.

**Enquiries:**

📍 [southernpeninsulachoir@gmail.com](mailto:southernpeninsulachoir@gmail.com)

John Lemcke 📞 0438 041 154

Anne Boscutti 📞 0408 414 141

## Local transport and mobility guide

This new guide provides information about travel options around our Peninsula without a car, including how to access community, medical and public transport.

Printed copies will be available to collect from Shire customer service centres or to view online visit: [📍 mornpen.vic.gov.au/transport](https://mornpen.vic.gov.au/transport)



## FREE Safer Scooter Wiser Wheelchair course

**Run on weekdays from 9.30am – 2.30pm, in a location to suit participants**

The five-hour session run by Access Health and Community, in conjunction with the Shire, will cover:

- Safe and responsible driving practices
- Road rules and legal requirements
- How to get on public transport and use local services (e.g. accessible toilets)
- Choosing the right motorised vehicle.

Register your interest with Claire Davey (Traffic and Road Safety Officer):

📞 5950 1959

✉️ [Claire.Davey@mornpen.vic.gov.au](mailto:Claire.Davey@mornpen.vic.gov.au)



## Recycle for sight

**The Lions Club of Mount Martha, have created the 'Recycle for Sight' program at Bentons Square Shopping Centre.**

There's a global need for recycled glasses frames. More than one in seven people living in a Third World country require glasses to improve educational outcomes, increase independence, and enjoy the same quality of sight so many of us take for granted.

We're calling on seniors in our community to donate their old, unused glasses frames. Any type of glasses – including readings glasses and sunglasses – where the frames are still in reasonable condition will be gratefully received and distributed to those in need by the Lions Club of Mount Martha.

Marked donation bins will be available at Bentons Square Shopping Centre, Mornington for the month of October. Let's celebrate Seniors Festival together by supporting such a wonderful program.



## FREE VicRoads Safe Driver program

Dates and times can be arranged to suit your group. Courses are run at local venues such as retirement villages, social clubs, church groups, and neighbourhood houses.

This program gives senior drivers a chance to share ideas and experiences and become safer drivers. The course consists of a 45-minute presentation and a 15-minute question and answer session.

This Safe Driver Program is designed to encourage a friendly, informal and thought-provoking atmosphere and covers:

- Advice about the effects of medications, alcohol, fatigue and poor eyesight
- Information on safer vehicles and planning for the future.

The Safe Driver Program is run by RoadSafe South East in partnership with VicRoads and the Shire.

## FREE Senior Driver Expo

**BBQ lunch and NO TESTS.**  
**Run on a weekday in Hastings from 9.30am – 2.30pm**

Bring your car and receive advice from VicRoads about how to keep it roadworthy. Participants receive:

- VicRoads inspection of your car and a free driving assessment – check driving techniques and vehicle safety information to support driving with confidence.
- Specialist advice on taking care of tyres by a VicRoads tyre expert.
- A presentation on Road Safety for Seniors – advice on driving safely and promoting safer road user behaviours.
- Updates on health, interactions of medicine with driving and the newer road rules.
- The opportunity to ask questions of the Victoria Police Highway Patrol.

Register your interest for a date in 2021-22 by contacting Nancye-Joy Gardner (Senior Driver Facilitator, RoadSafe South East Inc.)  
☎ 0419 398 695 ✉ [nancye.seniordrivers@outlook.com](mailto:nancye.seniordrivers@outlook.com).



## Open Days at U3A Mornington

**9am-4pm on Wednesday 13 October  
and Friday 22 October**

Currawong Community Campus,  
5-17 Currawong Street, Mornington

Come and observe a variety of U3A Mornington classes in action and find out more about what U3A can offer you!

No bookings required, for more information contact Maurie Johns on ☎ 0412 000 553

## Downsizing your home information sessions

If you are looking to downsize and are feeling completely overwhelmed, you're not alone. The big task ahead may stir up mixed emotions. However, if it's time to transition, moving into a more manageable home will lead to a happier and healthier you.

After collecting and receiving many items over the years it's now time to work through what to keep and what to redistribute. A great way to identify this is to ask each item, "How much do I love you?"

Here are some essential tips to help you transition into a new residence:

- Ask for support, don't do this alone
- Be kind to yourself in this challenging time
- Take the time to consider what's important to you
- Make a plan and move one step at a time
- Reward yourself after completing a task

**Join Julia Dyer in her downsizing and decluttering information sessions:**

**Monday 4 October, 1.30 – 3pm**

Online Zoom session hosted by Seawinds Community Hub, Rosebud

☎ 5982 2204

**Tuesday 5 October, 10.30am – 12pm**

Somerville Community House,  
21 Blacks Camp Road, Somerville

☎ 5977 8330

**Wednesday 6 October, 10.30am – 12pm**

Mt Eliza Neighbourhood House,  
90-100 Canadian Bay Road, Mount Eliza

☎ 9787 8160

**Tuesday 12 October, 1.30 – 3pm and**

**Wednesday 13 October, 6.30 – 8pm**

Mornington Community House,  
3/91 Wilsons Road, Mornington

☎ 5975 4772

For more information call Julia: ☎ 0404 293 485

🌐 [downsizingconnections.com.au/events](https://downsizingconnections.com.au/events)



## Solar and Energy Bulk Buy program

### Improve the comfort of your home and save!

In partnership with the Australian Energy Foundation, the Shire has recently launched a Solar and Energy Bulk Buy program, which will help put solar power and energy efficient appliances within reach of many Peninsula residents.

The bulk buy includes solar power, hot water heat pumps and reverse cycle air conditioners. Battery storage will be included soon.

By banding together and placing orders in bulk we have negotiated a better price on these items from trusted, vetted suppliers with a long track record for excellent workmanship and customer service.

The program offers discounted prices on appliances and personalised advice on which energy efficient products would suit your home and budget.

The program also offers free advice on how to access State government rebates, further reducing the price of these products, as well as on how to make your home more energy efficient, comfortable and cost-effective to run.

The program will operate until June 2022. It's another step forward in our Climate Emergency Plan and supports our community's calls to take action against climate change.

You can view the launch webinar online at [bit.ly/38kVVAa](https://bit.ly/38kVVAa)

For more information, contact the Australian Energy Foundation or visit their website:

☎ 1300 236 855

🌐 [aef.com.au/mps-bulk-buy](https://aef.com.au/mps-bulk-buy)

# Ready to go green?



## Free advice and discounts

# Monash University RAIL Research Centre update

The Rehabilitation, Ageing and Independent Living (RAIL) Research Centre (based at the Peninsula campus in Frankston) has just celebrated its first two years of research activity and outcomes, and is keen to engage with older people, people with a disability, and those undergoing rehabilitation to inform and support the direction of our future research.



**RAIL Research Centre leadership team (L-R):**  
Dr Natasha Brusco, Professor Keith Hill and Associate Professor Libby Callaway.

There are two ways in which RAIL is now seeking the involvement of local community members:

## 1. Become a Friend of RAIL

To assist us in a range of ways to inform the research we undertake, and to help us to implement that research.

For further information or to join Friends of RAIL, please contact Robyn Batch:

✉ [Robyn.Batch@monash.edu](mailto:Robyn.Batch@monash.edu)

☎ 9904 4526

## 2. Take the survey

For people over 50 years of age who are informal caregivers of an older person to undertake a survey about their own health, wellbeing and support needs.

To receive a link to the online survey, please contact Dr Angel Lee via email:

✉ [Angel.Lee@monash.edu](mailto:Angel.Lee@monash.edu)

To have a hard copy of the survey mailed to you, please contact Dr Angel Lee by phone:

☎ 0421 136 625

Members of the RAIL Research Centre are also able to provide presentations on topics related to ageing well, rehabilitation and independent living to consumer groups within the Mornington Peninsula Region.

Please contact Robyn Batch (see contact details above) for further information.

## 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](mailto:positiveageing@mornpen.vic.gov.au)

We are committed to ageing positively.

For a copy of the Positive Ageing Strategy:

☎ 5950 1000

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