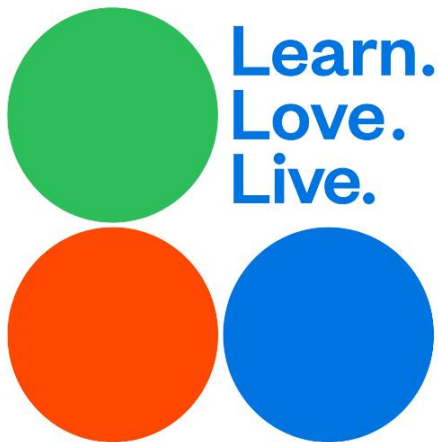
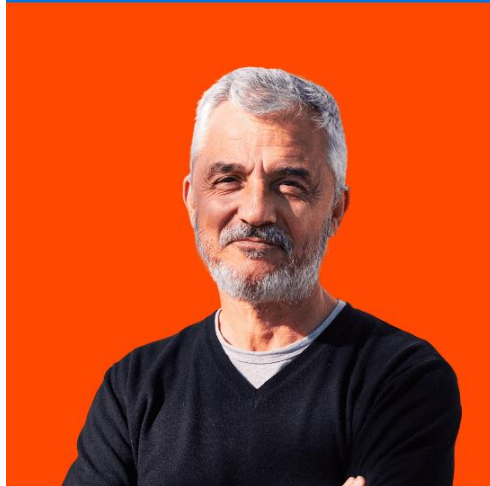
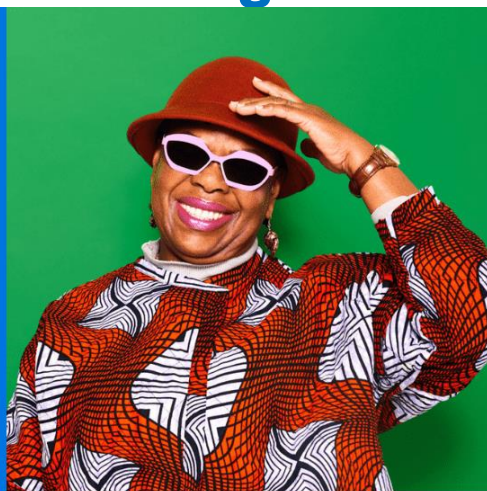


East Gippsland's Seniors Festival Program

**Victorian
Seniors
Festival
2023**



**Victorian
Seniors
Festival**



1 – 31 October

East Gippsland Shire Council acknowledges the Gunaikurnai, Monero and the Bidawel people as the Traditional Custodians of the land that encompasses East Gippsland Shire, and their enduring relationship with country. The Traditional Custodians have cared and nurtured East Gippsland for tens of thousands of years. We pay our respects to all Aboriginal and Torres Strait Islander people living in East Gippsland, their Elders past and present.

The Victorian Seniors Festival

The Victorian Seniors Festival is a major state-wide festival for seniors. For over 40 years, the festival has provided opportunities for senior Victorians to participate in a range of activities and events and connect with their community.

East Gippsland Seniors Festival

In East Gippsland, the Seniors Festival is occurring over the month of October. There are over 50 events and activities that are live and local and are mostly free!

You can visit art exhibitions, enrol in courses, enjoy live entertainment, attend come & try days, participate in social gatherings, luncheons, morning teas, dinners, attend health & wellness activities, listen to interesting presentations and access some great information sessions relevant to healthy ageing.

East Gippsland Shire Council is a proud supporter of the festival bringing all the community events and activities together for this booklet, hosting the free Seniors Concert “Swinging Sixties” and holding activities at the library and service centres across the Shire.

We would like to give a big thank you to all the community groups and clubs, local organisations, our partners and agencies who are supporting the Seniors Festival.

Make sure you also get the opportunity to travel free on public transport from 1 to 8 October 2023.

How to use the booklet?

The East Gippsland Festival booklet is set out in chronological order.

INDEX

Title	Page
Free Public Transport	5
International Day of Older Persons	6
More than Monet ~ Seniors celebrating the love of Art	7
Friends of Paynesville Book Sale	8
East Gippsland Art Gallery - Exhibitions	9 – 12
Forever Young Fitness Sessions for Senior Women	13
Tech Help Sessions	14
Movie – The Unlikely Pilgrimage of Harold Fry	15
Come and Try Lawn Bowls at Orbost Seniors Citizen Club	16
Lunch with Mallacoota Senior Citizens Club	16
Art Therapy for Carers	17
Luncheon and Cards at Bairnsdale Seniors Citizen Club	18
East Gippsland Seniors Concert – Swinging Sixties	19
Big Bonang Arvo!	20
Mobility And Strengthening Movement Classes	21
An Introduction to the U3A Environment Issues Course	21
How to Cut Your Energy Bill	22
U3A Bairnsdale Open Days	23
Acrylic Painting with Karen Price	24
Murder on Cue – Forge Theatre	25
National Carers Week	26

Title	Page
Bring a Special Older Person to Storytime	27
Bairnsdale & District Diabetes Support Group Meeting	28
Dinner at the Mallacoota Golf Club	29
Oktoberfest – Mallacoota	29
East Gippsland Art Gallery Exhibitions	30 – 31
Lakes Entrance Seniors Club Luncheon	32
Health and Wellness - Naturopath Liz Gillman	33
Financial Wellbeing For Seniors	34
Michael Hinchey - An expeditioners Recollection	35
Chair Yoga with Rhonda James	36
Soweto Gospel Choir – HOPE Forge Theatre	37
I Love Paris musical – Forge Theatre	38

Additional Information

Senior Citizen Clubs in East Gippsland	39
Red Cross Patient Transport – East Gippsland	40
Royal Flying Doctors Transport	41
Register for Carer Support	42
Living Longer Living Stronger Program	43
Victorian Seniors Festival Online	44
Victorian Seniors Card	44
Companion Card	45
Disability Parking Permit	46
Seniors Rights Victoria	46
Council of the Ageing (COTA)	47

Free Public Transport

Sunday 1 October To Sunday 8 October

Free travel will be available across all metropolitan services, V/Line train and coach services, and selected regional bus services outside of the myki-enabled area.

Victorian Seniors can explore Melbourne and regional Victoria with free travel that covers all public transport in Victoria, including:

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

Please note, some private bus operators, airport services and privately operated tourist trains and buses are excluded.

Seats must be reserved on long-distance V/Line trains and some coaches. Free travel is available on all Economy Class services; however, customers can now upgrade to First Class travel upon payment of the First-Class upgrade fee (subject to limited availability).

Bookings can be made by visiting your nearest V/Line station ticket outlet or call 1800 800 007. Tickets need to be collected within 48 hours.



International Day of Older Persons – 1 October



Objectives of United Nations International Day of Older Persons in 2023

- To increase global knowledge and awareness of the Universal Declaration of Human Rights and generate commitments among all stakeholders to strengthen the protection of the human rights of current and future generations of older persons around the world;
- To share and learn from intergenerational models for the protection of human rights around the world; and
- To call on Governments and UN entities to review their current practices with a view to better integrate a life course approach to human rights in their work, and to ensure the active and meaningful participation of all stakeholders, including civil society, national human rights institutions and older persons themselves, in the work on strengthening solidarity among generations and intergenerational partnerships.

For more information go to: <https://www.un.org/en/observances/older-persons-day>

More than Monet ~ Seniors celebrating the love of Art

Art and craft activities relieve stress, encourage creative thinking, increase brain plasticity, boost mood and self-esteem, improve memory, lessen feelings of anxiety and agitation, increase the connectivity of the left and right



hemispheres of the brain, promote increased self-esteem, motivation, and social connection when made with others.

When 27 & 28 September

Time 10 am - 3pm

Where U3A Bairnsdale and District ~ Meeting Room 16.

Address Corner Service & Rupert Streets, Bairnsdale

RSVP Booking essential

www.u3abairnsdale.org.au or our Facebook page or
phone 5152 3063

Cost \$30 for two days

The watercolour workshop is designed to introduce beginner painters to the medium and expand the experiences of more experienced painters.

Sue Mulcahy is a Western Australian Artist who loves the bush and loves colour.



Need a break from Footy?
come along to Friends of Paynesville
Library's mighty BOOKSALE



FRIDAY 29th,



SATURDAY 30th, SEPTEMBER

SUNDAY, 1st OCTOBER



10am - 3pm each day



at Paynesville Community Hall



55 The Esplanade, Paynesville



Cash only

**absolutely amazing pre-loved
books for sale at unbelievably
modest prices!!**

Free book to Seniors who make a purchase!

Free entry

East Gippsland Art Gallery Exhibitions

East Gippsland Art Gallery is the centre for visual arts in East Gippsland celebrating the diverse artistic spirit of the region through a vibrant and dynamic program of art and cultural experiences for the whole family.



We are open to bold ideas, different ways of seeing and championing the visual arts and artists in our region. We are passionate about engaging and inspiring the next generation of art lovers in our community.

Every month we have exhibition openings, artist talks, events and art workshops. Experience the ever-changing environment and amazing opportunities and experiences our gallery offers.

Address 2 Nicholson St, Bairnsdale

Open Tuesday – Friday 10 am – 4 pm

 Saturday 10 am – 2 pm

 Sunday - Monday CLOSED

Admission Free entry

Exhibitions

8 September – 14 October

Melanie Murphy | The Other Thing

Mathew Evans | Australian Annihilation

Richelle McMahon | The Art Expedition

20 – 25 October

Rhonda Gray | Recent Works

Gordon Bain | Paper/Work



Image - Melanie Murphy, Untitled, Acrylic and graphite on canvas

Within this collection of paintings, I convey my response to the surroundings with which I engage. Close to my home, an expansive view to the north has held me captivated for some time and has offered me both solace and space.

Each canvas holds a testament to this realisation and to my visceral connection to the beauty, wildness and wonder of the landscape. Eschewing the conventional approach to landscape painting and attempting to capture an essence of place –

I have relied heavily on my intuition and imagination, deliberately limiting my palette to transcend mere replication of visual stimuli'. –
Melanie Murphy 2023



Image: **Mathew Evans**, *Gymnorhina*, Oil on linen

Australian Annihilation is a series of abstract and figurative paintings curated to tell a truly Australian story. During the black summer fires off 2019/20 a single wing fell from the sky with flickering embers and landed onto the lawn. Though partially charred and discoloured, without a doubt this wing once belonged to a male Eastern Rosella.

But now it didn't. It belonged back to the earth. The loss of an estimated 3 billion animal lives in the fires weighed heavily on Mathew. Still years later, the bush is nearly silent compared to the orchestra of song that you're normally greeted with.

This is Mathew Evans first solo show. He has been obsessed with colour and nature his whole life. Owning and running a successful hair salon in Lakes Entrance he paints hair by day, and canvas by night.



Richelle moved to the area almost eight years ago. Over the years she has worked under the instruction of some very gifted artists, slowly developing an abstract style all her own.

Richelle has been involved in several art shows, with her work always being a favourite, and recently winning a prize at the 'Having A Say Conference". Richelle is currently studying at the Saltwater Creative Company in Lakes Entrance

Forever Young Fitness Sessions for Senior Women

Strength and balance training is especially important as we get older and can help to stay independent with everyday activities like shopping, gardening, climbing stairs and playing with grandchildren.



Strength and balance training can also prevent or manage chronic conditions like arthritis, osteoporosis, type 2 diabetes and cardiovascular disease. Fitness sessions will help improve posture, balance, co-ordination and flexibility as well as building confidence and self- esteem.

When Tuesday and Thursdays over the month of October
Time 8.45 – 9.30 am
Where Paynesville RSL Hall - 57 Main Rd, Paynesville

When Wednesdays over the month of October
Time 9 – 9.45 am
Where Picnic Point Hall - 172 Drevermann St, Bairnsdale

COST Free
RSVP Contact Rachel Wade 0400 965 477

Equipment is provided. Bring a water bottle and wear appropriate footwear.

After the exercise session there will be the opportunity for a social chat over a cuppa.

Tech Help Sessions

Bring along your own device for 30 minutes of one-on-one assistance.

Support is limited to the use of

devices,

applications and

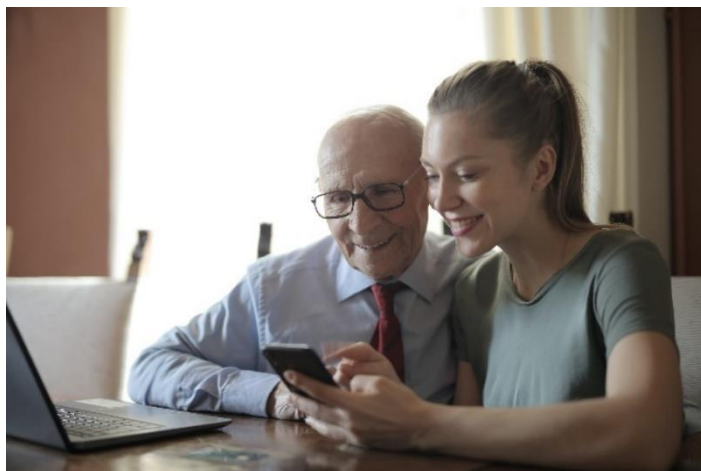
browsers but does

not cover problems

relating to security,

repairs, or

purchase recommendations.



Every Monday | 2 pm – 5 pm

Lakes Entrance Service Centre

18 Mechanics Street Lakes Entrance

Every Tuesday | 1 pm – 4 pm

Bairnsdale Library

22 Service Street Bairnsdale

Every Tuesday | 9 am – 12 pm

Paynesville Service Centre

55 The Esplanade Paynesville

Every Wednesday | 2 pm – 3.30 pm

Orbost Service Centre

1 Ruskin Street Orbost

Every Thursday | 9.30 am – 11.30 am

Omeo Service Centre

179 Day Avenue Omeo

COST

Free

RSVP

Bookings essential.

Phone 5152 4225 or email library@egipps.vic.gov.au



Movie Screening – The Unlikely Pilgrimage of Harold Fry

The otherwise ordinary Harold Fry captivates a nation when he leaves behind routine and regret and sets out on a 450-mile walk of hope to reach his dying friend. His journey is a celebration of life that helps us to realise that failure and loss – just as much as success and joy – can shape us for good.



Rated M: Contains mature themes, suicide and coarse language.

Monday 2 October & Thursday 12 October | 2.00 pm – 4.00 pm
Bairnsdale Library
22 Service Street Bairnsdale

Tuesday 10 October | 2.00 pm – 4.00 pm
Omeo Service Centre
179 Day Avenue Omeo

Tuesday 10 October | 2.00 pm – 4.00 pm
Orbost Service Centre
1 Ruskin Street Orbost

Friday 20 October | 10.00 am – 12.00 pm AND 2.00 pm – 4.00 pm
Paynesville Service Centre
55 The Esplanade Paynesville

Thursday 26 October | 10 am – 12 pm AND 2.15 pm – 4.15 pm
Lakes Entrance Service Centre
18 Mechanics Street Lakes Entrance

COST
RSVP

Free
Bookings essential.
Phone 5152 4225 or email library@egipps.vic.gov.au



Come and Try Lawn Bowls at Orbost Seniors Citizen Club

When Tuesday 3 October
Time 1 pm
Where Orbost Senior Citizen Club
24 Gladstone Street, Orbost
Cost Donation
Bookings NA



Lunch with Mallacoota Senior Citizens Club

Come and join the Mallacoota Seniors Citizen Club for lunch every Tuesday over the month of October to celebrate the Seniors Festival.

Where Mallacoota Hotel
When Tuesdays
3, 10, 17, 24 &
31 October
Time 12 pm - 2 course meal
Cost \$15 for members
\$22 non members
RSVP 0408 580 219 or 0408 996 768



Art Therapy for Carers



If you are a carer of any age, it's time for you to take a break, relax, create, enjoy, and meet like-minded people!

Spend 3 hours with art therapist Jodie Tuckwell from POP Studio to create your vision board. It's not about making something that is art show ready, it's about taking the time to explore, to experience mindfulness, and see what eventuates in the process by picking up a pair of scissors to cut and paste and create a collage vision/inspiration board in a nurturing environment.

This free event will provide space and guidance, along with all materials, lunch and a whole lot of fun!

Wednesday 4 October | 11.30 am – 2.30 pm
Bairnsdale Library 22 Service Street Bairnsdale

Wednesday 1 November | 11.00 am – 2.00 pm
Lakes Entrance Service Centre
18 Mechanics Street Lakes Entrance

COST
RSVP

Free – includes lunch
Bookings are essential as spaces are limited.
Phone 5152 4225 or book in person at the library

Uniting
VIC.TAS



EAST GIPPSLAND
SHIRE COUNCIL

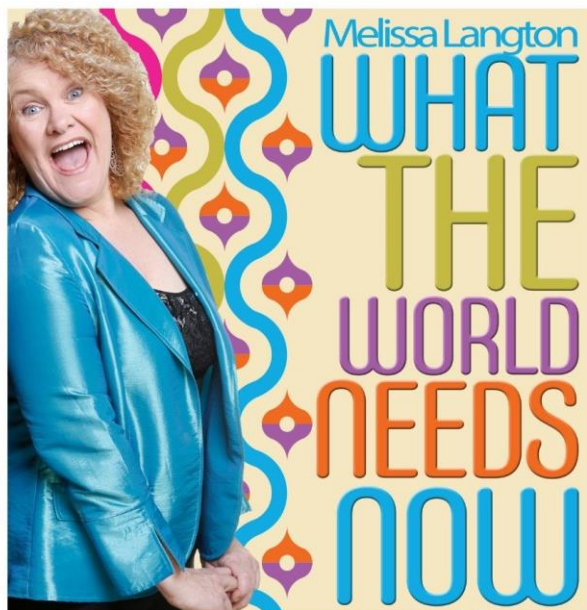
Luncheon and Cards at Bairnsdale Seniors Citizen Club



Come and visit Bairnsdale Senior Citizen Club for a luncheon and game of cards to celebrate the Seniors Festival. All welcome!

When	Monday, 9 October
Time	12 – 2pm
Where	Bairnsdale Senior Citizen Club 52 Anderson Street, West Bairnsdale
Cost	Members FREE Non Members - gold coin donation
RSVP	By 6 October phone 0408 157 251

2023
East Gippsland Seniors Concert
Tuesday 10 October at 10 am



Morning Tea: 10 am
Concert: 11 am ~ 12 pm
Cost: FREE
Venue: Club Eastwood
(Bairnsdale Sporting &
Convention Centre)

Victorian
Seniors
Festival
2023



Bookings Essential ~ [Eventbrite](#) or 5153 9500

Big Bonang Arvo!



The Tubbut Neighbourhood House, Orbost Regional Health and the Errinundra to Snowy District CRC is hosting The Big Bonang Arvo – a wellbeing focused expo and community lunch.

- When** Wednesday, 11 October
- Where** Bonang Hall ~ 213A Bonang Highway
- Time** 12 – 4 pm
- Cost** FREE with lunch held between 1 – 2 pm
- RSVP** Tubbut Neighbourhood House
02 6458 0295 or tubbutnh@iinet.net.au

The annual event is a chance to connect with community, agencies and services, learn about programs and events in the district and enjoy lunch with neighbours and friends.

Pack up and chat, nibble on lunch leftovers to set you up for the drive home!

Mobility And Strengthening Movement Class – Metung

When Wednesday 11 & 18 October

Time 11:30 am - 12:30 pm

Where House of Yoga, Metung

Cost Donation

RSVP Poeta 03 4823 8888



We all desire to feel good and move well at all stages of life, with practice and a willingness this is possible!

Come and share the time and knowledge of how movement, breath work and connection can support this for you wherever you are at present- it's the perfect beginning.



House of
Yoga

Metung

An Introduction to the U3A Environment Issues Course

Alistair Mailer will give a 30-minute overview of the Environment Issues Course and the interesting topics they cover throughout their term.



When Wednesday 11 October

Time 11:30am – 12pm

Where U3A Bairnsdale and District ~ Meeting Room 16

Address Corner Service and Rupert Streets, Bairnsdale

Cost Free

RSVP Just turn up - open to the public!

Cut Your Energy Bill



Come along and learn from local energy efficiency expert Mike Hinchey who will discuss what you can do around the home to reduce your energy bills.

When	Wednesday 11 October
Time	10 – 11 am
Morning Tea	11am
Where	U3A Bairnsdale and District ~ Meeting Room 16.
Address	Corner Service & Rupert Streets, Bairnsdale
Cost	Free
RSVP	Just turn up - open to the public!

U3A Bairnsdale Open Days

Observe a wide range of activities that are offered at U3A including languages, such as French, German, Italian and Mandarin, as well as art, yoga, Tai Chai and history.



The U3A movement is a unique organisation, which provides opportunities for retired and semi-retired people, over 50 years, to come together and learn for its own reward and the sheer joy of discovery. There will be a display of class work, photos and art and an opportunity to collect the 2023 Program.

When	Wednesday 11 & 18 October
Time	10 am – 12 pm
Where	U3A Bairnsdale and District
Address	Corner Service and Rupert Streets, Bairnsdale
Cost	Nil
RSVP	Call in and office staff will provide a tour.



Acrylic Painting with Karen Price



Karen has been painting for over 20 years. Originally working with watercolour, she has explored and expanded her repertoire to include acrylics, mixed media, and alcohol inks. Over two days Karen will share her skills and knowledge with 15 interested members.

When	13 & 14 October
Where	U3A Bairnsdale and District
Address	Corner Service and Rupert Streets, Bairnsdale Cost
Cost	\$30 for two days
RSVP	Booking essential - phone 5152 3063 www.u3abairnsdale.org.au

This course is suitable for beginners and more experienced painters and samples of Karen's work can be seen online.

WRITTEN BY ROBIN JENNIFER MILLER | THIS PRODUCTION IS BY ARRANGEMENT WITH STAGESCRIPTS LTD.

MURDER ON CUE

13TH – 22ND OCTOBER



Murder On Cue is a masterfully crafted murder mystery with a comic twist. Gossip and old rivalries sustain the residents of Maple Lodge, a retirement home for actors, as much as dry sherry and shepherd's pie. But now there's a spate of malicious anonymous letters, a rewritten will and the home is cut off by heavy snow.

When 13, 14, 19, 20 & 21 October, 7:30 pm
15 & 22 October, 2 pm

Where Forge Theatre and Arts Hub,
80 McKean Street Bairnsdale

Cost Full: \$30, Concession: \$25



 Forge Theatre and Arts Hub (03) 5152 1482

 www.eastgippsland.vic.gov.au/forgetheatre

 Bairnsdale or Lakes Entrance Visitor
Information Centres or Shire Service Centres



National Carers Week 15 – 21 October

About carers and National Carers Week

Carers are people who provide unpaid care and support to family members and friends who have a disability, mental health condition, chronic condition, terminal illness, an alcohol or other drug issue or who are frail aged. Anyone can become a carer, at any time.



National Carers Week is an opportunity to raise community awareness among all Australians about the diversity of carers and their caring roles.

National Carers Week is an initiative of Carers Australia, funded by the Australian Government Department of Social Services, and coordinated with the assistance and participation of the National Carer Network.

To find out more about Carers Week go to <https://carersweek.com.au/>

To find out more about Carers Victoria go to <https://www.carersvictoria.org.au/> or phone 1800 514 845



NATIONAL

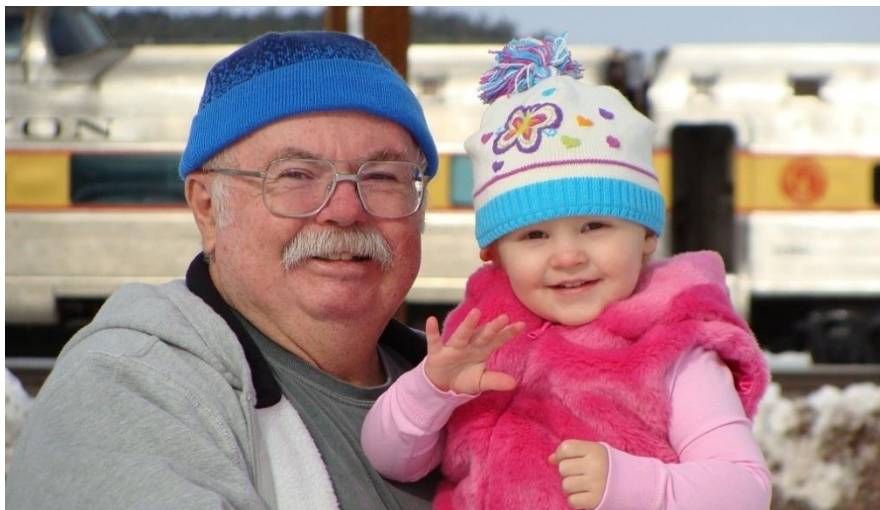
**CARERS
WEEK**



**MILLIONS
OF REASONS
TO CARE**



Bring a Special Older Person to Storytime



Here's an opportunity for children to share a range of grandparent-themed books with their special older person. Storytime sessions are for children 2 to 5 years of age, and include stories, songs and activities. The sessions run for approximately 45 minutes.

When **Tuesday 17 October | 11 am**

Bairnsdale Library
22 Service Street Bairnsdale

Lakes Entrance Service Centre
18 Mechanics Street Lakes Entrance

Paynesville Service Centre
55 The Esplanade Paynesville

Orbost Service Centre
1 Ruskin Street Orbost

Cost Free
RSVP No bookings required.
For more information phone 5152 4225
or email library@egipps.vic.gov.au



Dinner at the Mallacoota Golf Club

A two course meal hosted by the Mallacoota Senior Citizens Club.



When	Saturday 14 – 28 October
Time	6 pm
Where	Mallacoota Golf Club - 2 course meal
Cost	\$20 members & \$25 non members
RSVP	0408 580 219 or 0408 996 768

Oktoberfest - Mallacoota

A two course Oktoberfest themed lunch at the Mallacoota Hotel hosted by the Mallacoota Senior Citizens Club.

When	Tuesday 17 October
Where	Mallacoota Hotel Motel ~ Maurice Ave
Time	12 pm (lunch)
Cost	\$15 members \$22 non members
RSVP	0408 580 219 0408 996 768



Bairnsdale & District Diabetes Support Group



Come and listen to guest speaker Terry Gaskin from Gippsland Lakes Complete Health on Home Care Packages.

When Tuesday 17 October
Time 1 pm
Where Bairnsdale RSL – Rivers Room
2 Forge Creek Road, Bairnsdale
Cost Free
RSVP 0412 779 495

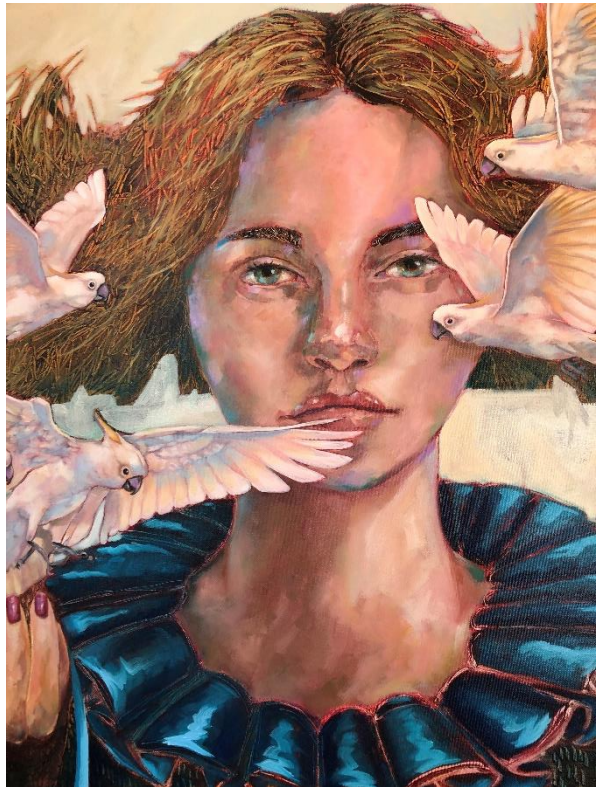
You are also invited to come along and join in on bi-monthly meetings if you have or are interested in learning more about diabetes.

Rhonda Gray | Recent Works

**Special Opening event Friday 20 October 5.30 pm | All welcome
FREE**

Rhonda's subject matter is primarily nature with a scattering of portraiture. Part of her practice is to look past the obvious, closely observe and commit to the subject.

"I work in oils for its suppleness, lustre, delicacy, and strength of colour. This paint has a readiness to be transformed into either sheer luminous glazes or thick texture like butter. I paint additionally in acrylics with perspex as my support. I work in acrylics for its rapid drying qualities, vibrancy of colour and its sheer versatility." – Rhonda Gray 2023



When	20 October – 25 November
Where	East Gippsland Art Gallery
Address	2 Nicholson St, Bairnsdale
Open	Tuesday – Friday 10 am – 4 pm Saturday 10 am – 2 pm Sunday - Monday CLOSED
Admission	Free entry



Special Opening event Friday 20 October 5.30 pm | All welcome
FREE



“These pieces have been built using paper and drafting film. The materials are malleable, and at the same time carry an inherent fragility - a quality which speaks directly to environment and landscape.

The images explore a liminal space between the manmade and the natural world... Traces of old fence lines, remnant scrub, ploughed furrows, moth casings, dry water channels, crop stubble, white bone, rusted farm machinery...” - Gordon Bain 2023

Lakes Entrance Seniors Club Luncheon



The Lakes Entrance Senior Citizen Club will be celebrating the Seniors Festival with a luncheon and entertainment by the talented local duo of Ray Gibbs & Alan Taylor.

Where	Lakes Entrance Seniors Club
When	Sunday 22 October
Time	12 pm
Address	47 Coates Rd Lakes Entrance.
Cost	FREE for members \$20 for non members
RSVP	Register your intention on the board in the rooms or email to lakesseniormembers@gmail.com



Are you seeking to age well into your senior years? Liz Gillman our local Naturopath, will present on ageing well and the opportunities you have to participate in your own health care.

There will be an opportunity to ask questions and talk with Liz after the presentation.

When	Monday 23 October
Time	2 – 3 pm
Where	Bairnsdale Library 22 Service Street
Cost	Free
RSVP	Bookings essential Phone 5152 4225 or book in person at library



Financial Wellbeing for Seniors



A free morning tea and conversation with local financial counselling service.

Financial Counselling Victoria with Anglicare Victoria and Orbost Regional Health would like to invite Seniors to a free morning tea and a conversation with local financial counsellors to discuss concessions, utilities relief grants, information on eligibility; and how to apply a financial health check can also be completed on the day.

Monday 23 October | 10 – 11 am
Orbost Service Centre ~1 Ruskin Street Orbost

Tuesday 24 October | 10 – 11 am
Lakes Entrance Service Centre ~ 18 Mechanics Street Lakes Entrance

Monday 30 October | 10 – 11 am
Bairnsdale Library ~ 22 Service Street Bairnsdale

COST Free
RSVP Bookings essential
Phone 5152 4225 or book in person at library



Michael Hinchey - An expeditioners Recollection of a Year at Mawson Station, Antarctica 1977



*Dog sledding trip from Mawson Station to Fold Island Antarctica, August 1977.
Setting up camp for the night on the sea ice.*

East Gippsland local Michael Hinchey spent two years in Antarctica at Macquarie Island (1975) and Mawson (1977) Stations as station electrician. Living for an extended time in isolation resulted in many interesting and exciting experiences with dog sledding expeditions - the highlight of his time in the Antarctic.

The presentation will include a 1-hour slideshow.

When	Tuesday 24 October 2 - 3 pm
Where	Bairnsdale Library - 22 Service Street Bairnsdale Live stream at Lakes Entrance, Mallacoota, Paynesville, Omeo & Orbost Shire Service Centre.
Cost	Free
RSVP	Phone 5152 4225 or book in person at library



Chair Yoga with International Yoga Teacher Rhonda James



Chair yoga is gentle and supports the body to move into postures while sitting in a chair. There are various yoga techniques that can be integrated with chair yoga that supports older adults to develop and maintain muscle strength.

Researchers have found that chair-based exercise improves upper and lower body.

Want to feel good, have a laugh and have a good stretch? Come and try chair yoga with Rhonda.

When	Wednesday 25 October
Time	11:30 am – 12:30 pm
Where	Bairnsdale Library - 22 Service Street Bairnsdale
Cost	Free
RSVP	Bookings essential. Phone 5152 4225 or book in person at library



Andrew Kay presents Soweto Gospel Choir – HOPE

Triple Grammy Award winning global gospel superstars spreading joy and lifting spirits since 2002.

When Thursday 26 October at 7:30 pm
Where Forge Theatre and Arts Hub
80 McKean Street, Bairnsdale
Cost Full \$79.90 Group 6+ \$59.90

 Forge Theatre and Arts Hub (03) 5152 1482

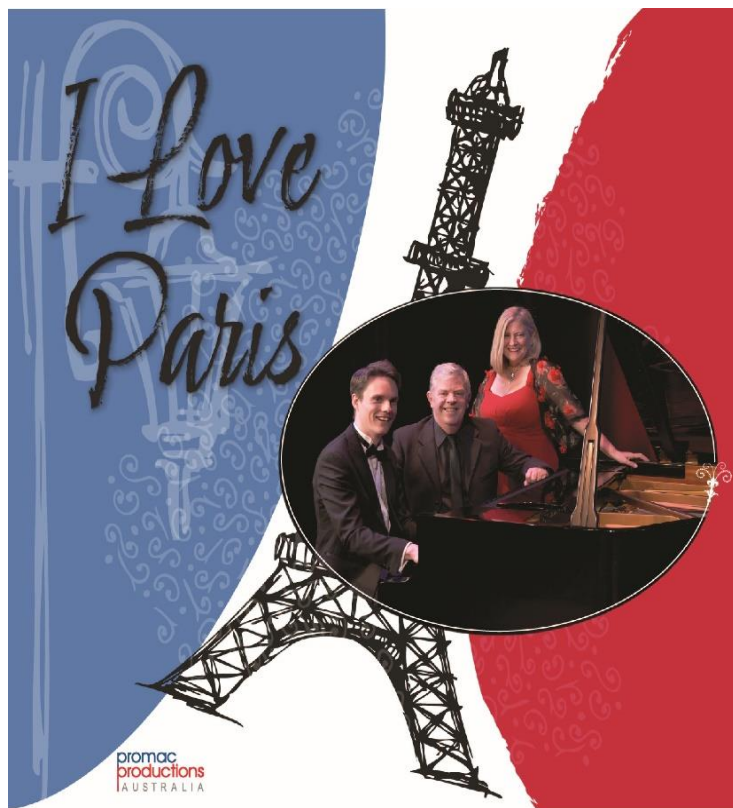
 www.eastgippsland.vic.gov.au/forgetheatre

 Bairnsdale or Lakes Entrance Visitor
Information Centres or Shire Service Centres



I Love Paris ~ Musical

Famous music and song from the most magical city in the world. Join renowned and award-winning concert pianist, William Schmidt and International soprano, Alison Jones in a special free concert as they transport you to Paris, France in a show brimming with famous music inspired by the most magical city in the world.



When	Thursday 2 November
Time	11 am (1hour)
Where	Forge Theatre and Arts Hub 80 McKean Street, Bairnsdale
Cost	Free ~ bookings essential



Forge Theatre and Arts Hub (03) 5152 1482



www.eastgippsland.vic.gov.au/forgetheatre



Bairnsdale or Lakes Entrance Visitor
Information Centres or Shire Service Centres



Senior Citizen Clubs in East Gippsland



The Senior Citizen Clubs of East Gippsland are very welcoming of new members. Each Club offers different activities for their members from cards, lunches, outings, seminars, carpet bowls, line dancing, craft, yoga, bingo and more.

If you would like to join a club and meet new people in your area, please contact your closest club for more details.

Bairnsdale Senior Citizens Club	0408 157 251
Benambra Neighbourhood House	5159 9208
Bruthen Senior Citizens Club	0447 004 315
Lakes Entrance Senior Citizens Club	5155 4463
Mallacoota District Senior Citizens Club	0408 580 219 - 0408 996 768
Orbost Senior Citizens Club	0455 141 513

Red Cross Patient Transport – East Gippsland



Red Cross provides a door-to-door transport to assist you to attend non-emergency medical appointments if you have no other means of transportation. The service is free, however donations are strongly encouraged and greatly appreciated and assist Red Cross to drive the service further.

The service needs to be booked online by your health care professional. For more information about accessing or booking patient transport call 8327 7868

Who can use the service:

- Have no other way of getting to appointments
- Are living with disabilities
- Experience financial or transport disadvantage

The program supports access to essential medical appointments only, such as diagnostic testing, surgery, oncology, etc.

For more information go to:

<https://www.redcross.org.au/patient-transport-vic/> or 1800 733 276



Royal Flying Doctors Transport – Lakes Entrance & District



Royal Flying Doctor Service

The Royal Flying Doctor Service is operating a free Community Transport service to help community members access health appointments and Group Programs. With the help of volunteer drivers, this service will connect the local community to their health appointment.

Service area - operating from Lakes Entrance and available to locals residing within the Lakes Entrance and surrounds.

Eligibility

To use the Flying Doctor Community Transport service, you must:

- > Live within a service area
- > Be traveling to a health related appointment or Social Support Group*

Operating hours

Flying Doctor Community Transport operates during business hours Monday to Friday. We do not operate on public holidays.

* A Social Support Group is defined as a variety of leisure and social connection activities that are funded through Home and Community Care (HACC) and facilitated through registered health services.

Service areas

For the most up to date information on our service areas, please visit our website: www.flyingdoctor.org.au/vic/what-we-do/community-transport/

Pick up & drop off zone



How to book?

Phone 03 7046 4664 or email dallas.coote@rfdsvic.com.au
www.flyingdoctor.org.au

Register for Carer Support – Carer Gateway



As a carer, you help the person you care for with many activities in and around the home. Understanding what you need to do and what help you can get can make your life easier.

- Making a home safe
- Using alarms and monitors
- Getting help at home
- Planning and getting help with meals
- Helping with eating
- Lifting and moving people safely
- Respite Care
- Support to take a break – respite

Phone 1800 422 737 or visit <https://www.carergateway.gov.au/>

Living Longer Living Stronger Program

The East Gippsland Living Longer Living Stronger Program supports our older community to stay fit and healthy to build muscle strength, balance and endurance as we age.



The Living Longer Living Stronger program is about preventative health; restoring and building health; tailoring your exercise program to work with your abilities and your challenges; creating social communities and connections and being inclusive of older people.

The program is designed to meet your needs and abilities through initial and ongoing assessments by fully qualified and committed instructors providing you with a safe and supportive environment that is fun as well as a great opportunity to socialise over a cuppa after each session.

To find out more and to book a spot contact the:

Bairnsdale Aquatic and Recreation Centre

80 McKean Street, Bairnsdale

Phone 5152 5710

Lakes Entrance Aquadome

43 Palmers Road, Lakes Entrance

Phone 5155 3333



Victorian Seniors Festival Online

To find out more information:

www.seniorsonline.vic.gov.au/festival

or call 1300 797 210

**Victorian
Seniors
Festival
2023**

Victorian Seniors Card

To apply for a Seniors Card you need to be over 60 years of age, a permanent resident of Australia, residing in Victoria.

- If you are working less than 35 hours per week in paid employment, or fully retired - apply for a Seniors Card.
- If you are working more than 35 hours per week - apply for the Seniors Business Discount Card.

If you have a Seniors Card, you are eligible for free or concession public transport, and all card holders can take advantage of discounts and services from businesses via our Discount Directory.

Look out for the 'Seniors Card Welcome Here' logo or ask for Seniors Card discounts when you are shopping.

For more information go to: www.seniorsonline.vic.gov.au/seniors-card or phone 1300 797 210



Companion Card

Companion Card promotes the rights of people with a disability, who require a companion, to fair ticketing at events and venues.



Companion card is a National program administered by the state you live in.

What is it?

Companion Card promotes the rights of people with a disability, who require a companion, to fair ticketing at events and venues.

Companion card is a National program administered by the state you live in.

Eligibility

To be eligible for a Victorian Companion Card, the person **must**:

- Be a permanent resident of Australia, residing in Victoria
- Demonstrate that they have a significant, permanent disability
- Demonstrate that, due to the impact of the disability, they would be unable to participate at most community activities without attendant care support
- Demonstrate that the need for this level of attendant care will be life-long.

Further Information

Victorian Companion Card

Information Line 1800 650 611

Email companioncard@dhhs.vic.gov.au

www.companioncard.vic.gov.au

Accessible Parking Permit



If you have a significant disability or injury, you may be eligible for an Accessibility Parking Permit. There are different types of permits which allow you to park in accessible parking bays and/or park in regular bays for double the usual time.

To apply for or renew a permit go to:

<https://www.eastgippsland.vic.gov.au/community/accessible-parking-permit> or phone 5153 9500

Seniors Rights Victoria

Seniors Rights Victoria provide information, support, advice and education to help prevent elder abuse and safeguard the rights, dignity and independence of older people. We help Victorians 60 and above, or any Indigenous Victorians 45 and above.

For more information visit

www.seniorsrights.org.au/

or phone 1300 368 821



A COTA Victoria Program

Council of the Ageing (COTA)

COTA Victoria is the leading not-for-profit organisation representing the interests and rights of people aged 50+ in Victoria.



For 70 years, we have led government, corporate and community thinking about the positive aspects of ageing.

Today, our focus is on promoting opportunities for, and protecting the rights of, older Victorians.

To learn more about COTA and access resources and information visit www.cotavic.org.au/ or phone 1300 135 090

Ageing Well in East Gippsland: Age-friendly Communities Strategy 2017- 2030

The strategy assists East Gippsland Shire Council to implement an Age-friendly approach to population ageing, as developed and encouraged by the World Health Organisation (WHO), Age-friendly Cities and Communities and the Victorian State Government, Age Friendly Victoria.

For more information

www.eastgippsland.vic.gov.au/community/seniors



Victorian Ageing Well Action Plan

An action plan for strengthening wellbeing for senior Victorians 2022–2026 outlines the Victorian Government's commitment to support Victorians to age well by continuing to participate in their community, and safely ageing in-place at home, in the community or aged care.

For more information www.vic.gov.au/ageing-well-action-plan

The 2023 Senior's Festival is proudly supported by East Gippsland Shire Council.

Telephone Residents' Information Line:
1300 555 886 (business hours)
Council general number: (03) 5153 9500
(business hours)
National Relay Service: 133 677



Post
East Gippsland Shire Council, PO Box 1618
Bairnsdale 3875 Australia
Fax (03) 5153 9576
Web www.eastgippsland.vic.gov.au
Email feedback@egipps.vic.gov.au

In person
Bairnsdale: 273 Main Street
Lakes Entrance: 18 Mechanics Street
Mallacoota: 70 Maurice Avenue
Omeo: 179 Day Avenue
Orbost: 1 Ruskin Street
Paynesville: 55 The Esplanade

Outreach Centres
Bendoc Outreach Centre -
18 Dowling Street
Buchan Resource Centre -
6 Centre Road
Cann River Community Centre -
Princes Highway

East Gippsland is a proud member of the World Health Organisation's (WHO) Global Network for Age-friendly Cities and Communities.



WHO Global Network
for Age-friendly Cities
and Communities