

Explore & Connect

Edition 21
Oct-Nov 2019

Your Positive Ageing Newsletter - Special Edition

Seymour Senior Citizen's Club

Respecting history, looking forward to the future

If you've been involved in anything for 18 years, it must either be a fantastic thing to do, or you must have a love for it. For Bernie Hangan of the Seymour Senior Citizen's Club it's both. (continued on page 2.)



Mitchell Shire celebrates the Victorian Seniors Festival in this special edition

Mitchell Shire - a place of groups, activities, support and volunteers

This edition of the Explore & Connect newsletter lists and celebrates the breadth of activities and groups in Mitchell Shire. Turn to page 5 for your local activities guide.



Mitchell Shire Council acknowledges the traditional custodians of the land, those of the Taungurung and Wurundjeri People. We pay our respects to their rich cultures and to Elders past and present.

What's Inside

Spotlight on Seymour Senior Citizens' Club

Victorian Seniors Festival - Explore & Connect with local activities

Australia Day 2020 nominations open

Gambling Harm Awareness Week 2019

Seniors' Concert tickets on sale

Free Explore & Connect bags for Seniors

Get yours now, find out how inside.



MITCHELL SHIRE COUNCIL



Spotlight on Seymour Senior Citizens Club (continued)

Bernie will be serving on the Committee of Management for his 19th year after being re-elected to the committee at the Club's August annual general meeting. He's in good company with returning President Helen Meyers and the rest of the committee who lead over 100 members in activities including bowls, cards and line dancing.

Thinking of joining a Senior Citizen's Club? Here are some quick facts

- > Seymour Senior Citizen's Centre is located at 80 Anzac Avenue, Seymour
 - > The club regularly welcomes new members with a membership fee of \$5 per year
- To find out more about joining the Seymour Senior Citizen's Club call 5792 1972 or drop in to find out about activity days and times.

Gambling Harm Awareness Week 7–13 October 2019

Gambling Harm Awareness Week 2019 is designed to encourage community discussions about why gambling harm matters.

Harm from gambling isn't just about losing money. Gambling can affect self-esteem, relationships, physical and mental health, work performance and social life. It can harm not only the person who gambles but also family, friends, workplaces and communities.

Gambling harm is also often hidden and the impact is not spoken about because it can be sensitive or uncomfortable.

That's why Gambling Harm Awareness Week is focused on the theme TALK. SHARE. SUPPORT.



We invite everyone in our community to get involved in the week by having open discussions about gambling harm, to understand it better, and to help prevent it from occurring.

Talking and sharing can help alleviate the stigma that is often associated with seeking support.

Compost Bin and Worm Farm Subsidy Program

If you've always wanted to try your hand at composting or setting up a worm farm, we've got a special offer for you this month.

We're offering a subsidy that covers up to half the price for compost bins and worm farms purchased through selected local retailers (capped at \$30 per compost bin or \$50 per worm farm).

Find out more: www.mitchellshire.vic.gov.au/compost-bin-worm-farm-subsidy



Explore & Connect Bags - free for Seniors!

Visit your local Mitchell Shire library to get yours

Thanks to the Age-friendly Communities Project, led by our Positive Ageing Ambassadors we have Explore & Connect bags available free for Seniors. Bags include items such as a hat, sunglasses, stainless steel drink bottle, exercise bands, free pass to Mitchell Leisure and much more.

To get your bag visit any Library across Mitchell Shire from 1 October 2019 and subscribe to receive Explore & Connect – Your Positive Ageing Newsletter either by mail or email. Bags are limited to one per person while stocks last. Bag items may vary.



FAQ's

What if I'm already a newsletter subscriber? To get your bag you'll still need to complete a subscription form. We'll use this to ensure our records are up to date.

Can I pick up a bag for someone else? Yes, as long as you have their permission to pick up their bag and complete their newsletter subscription on their behalf.

8 days of free public transport for Victorian Seniors Card holders

Did you know? As a Victorian Seniors Card holder, you can get out and explore metropolitan Melbourne and regional Victoria with free travel from Sunday 6 October to Sunday 13 October.

How to travel during the free travel period

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. On regional services that don't use myki, just show your Victorian Seniors Card to the conductor or bus driver.

Where you can go

You'll be able to travel for free on all public transport in Victoria, including:

- > Melbourne trains, trams and buses
- > Regional trains, coaches and buses (including regional town bus services)

Travelling in regional Victoria it's useful to know that:

- > You need to reserve a seat on long distance V/Line trains and some coaches. To book a seat on V/Line Services requiring reservations call 1800 800 007.
- > Seats can fill quickly – book early. You'll need to collect your tickets within 48 hours.
- > You can only travel free in economy class.
- > You can book a return journey for up to four Victorian Seniors Card holders. If you're planning to travel in a group of 12 or more, call our Group Travel Coordinator to check if seats are available on 9619 2338.
- > If you make a booking and aren't able to travel, let us know. We can give your ticket to someone else.

Connecting older LGBTI people with community

Out & About Community Visiting Service

Being connected with community is good for our health, wellbeing and pride. We all deserve the chance to have meaningful connections with others who understand and respect our experiences and identity. Yet research shows many LGBTI people are not connected with their communities and often experience social isolation and loneliness as a result.



Out & About is a free community visiting service linking lesbian, gay, bisexual, transgender and/or intersex (LGBTI) older people across Victoria. Our friendly trained volunteers offer friendship and social connection to reduce isolation and loneliness for LGBTI people.

Anyone can refer themselves or another person to our service. You don't have to be open about your sexuality, gender identity and/or intersex status to use our service.

Just contact the Out & About Coordinator on 0466 218 921 or 9663 2474 or email at outandabout@switchboard.org.au

Craig is an older gay man living at home in Northern Victoria:

"I live in a rural town where I don't have any contact with LGBTI people. My partner of forty years passed away several years ago and I was so lonely. My contact with my Out & About volunteer visitor has been fantastic. It's as if we have known each other for many long years."

Kate is an older transgender woman who lives in an aged care facility in Melbourne's outer south-east:

"Coming into residential aged care is a really big adjustment for anybody and it takes time. I feel very isolated, I've got really no-one I can talk to at the same level... One of the best things that's happened in the last few years is being involved in Switchboard's Out & About Program."

Out and About is a program of Switchboard Victoria. We are a specialist LGBTI Community Visitor Scheme funded by the Commonwealth Department of Health.

Watch Haydn and Clynton's story on ABC Live here:

<https://facebook.com/watch/?v=368148574104373>

www.switchboard.org.au/out-about

www.facebook.com/OutandAboutVictoria



New Explore & Connect seniors information stands have landed

Thanks to the Age-friendly Communities project there is now information specifically for seniors available at the Senior Citizen's Clubs and Libraries across Mitchell Shire. Why not drop in and pick up some information in your travels?

Explore & Connect

MITCHELL SHIRE COUNCIL



Celebrating the Victorian Seniors Festival

With the support of the Victorian Seniors Festival we are bringing you a guide of all the local activities for seniors in Mitchell Shire.

During October the Victorian Seniors Festival is an opportunity for seniors to try out activities and meet new people. There's something for everyone so start exploring!

**Victorian
Seniors
Festival**

Get into it!

Victorian Seniors Festival
October 2019

Get into it!

seniorsonline.vic.gov.au

#VicSeniorsFestival

Victorian Seniors Festival

Get into it!

BEVERIDGE AND DISTRICT

Greater Beveridge Community Centre

Carpet Bowls Team, FREE in 2019

How to connect: Drop in to the Centre or call 8733 7352.

Location: Greater Beveridge Community Centre Corner Lithgow Street and Mandalay Circuit, Beveridge

Club Mandalay

Spring 2019 activities include:

Tuesdays, 12.30pm – Senior Strength, FREE

Wednesdays, 9.30am – Workout Wednesday, FREE

How to join: book online at clubmandalay.com.au/bookgym

BROADFORD AND DISTRICT

Broadford Living and Learning Centre

Friday, 1-3pm – Tai chi, FREE

Thursday, 1-4pm – Patchwork and craft, FREE for members

Wednesday 10.30-11.30am – Senior strength class, \$6.80 per session

Thursday, 9.30-11am – Seniors Yoga, \$13 per session

1st and 3rd Thursday of the month 7-9pm – Singing for fun, \$5 per session plus Friends of BLLC membership is also required.

How to connect: Pop in to see Chris or call 5784 4006. Friends of BLLC membership \$5 per calendar year.

Location: Broadford Living and Learning Centre, 156/158 High Street, Broadford

Broadford Senior Citizens Club

Mondays: Euchre card game from 1pm

Tuesdays: S.K.A.L.E.S for health from 8.30am

Wednesdays: Show your talent, come along to the art group from 1pm

4th Wednesday - Outing to various areas of interest, eg. Marysville, Bruno's Art Sculptures, Christmas in July at Mandalay Beveridge and more

Thursdays: Line dancing for just \$5, light lunch provided from 10:30am

Fridays: Variety of entertainment starting 1pm

1st - 5c BINGO, \$3, afternoon tea provided

2nd - HOY - \$7

3rd - 5c BINGO, \$3, afternoon tea provided

4th - Grocery grab - \$7 (win a grocery item)

5th - Out and about activities

Saturdays: Once a month – scrap booking

How to connect: Drop in or call 5784 3040.

New members welcome at \$5 per year

Location: Broadford Senior Citizens Club, 125 High Street, Broadford

Seniors Festival October 2019

BROADFORD AND DISTRICT (CONTINUED)

Broadford Men's Shed

Wood-working, metal-working, hand-tools skills building and having a laugh with mates.

Thursdays 10.30am-3pm

How to connect: Pop in when the men's shed is open. Membership is \$25 for the year and \$4 per week when you attend.

Location: Broadford Living and Learning Centre, 156/158 High Street, Broadford



KILMORE AND DISTRICT

Kilmore Senior Citizens Club

Mondays: Line dancing from 10am, enquiries Caro – 0408 187 020

Tuesdays: Button bingo from 12.30pm

Wednesdays: Trips, movies or lunches.

All are welcome

2nd Wednesday: Paper craft (Pop up shop for paper craft needs), card making, scrap booking. Bookings essential,

Melanie 0439 385 459

3rd Wednesday: U3A art

Thursdays: "Hoy" cards from 1pm

Fridays: ART classes, enquiries Maria 0409 933 595

Saturdays: Indoor bowls from 1pm

We have many other activities throughout the year, advertised at the Club.

How to connect: Drop in or call 5782 1022. New members welcome at \$5 per year.

Location: Kilmore Senior Citizens Club, 7 Sydney Street, Kilmore

Kilmore Leisure Centre

Mondays: 9.15am - Aqua, 10.15am - Aqua, 10.30am - Gymtastic Seniors.

Tuesdays: 12 noon - Senior Strength, 6.15pm - Aqua.

Wednesdays: 9.15am - Aqua,

10.30am, Gymtastic Seniors, 6.15pm - Aqua.

Fridays: 9.15am - Aqua, 10.15am - Aqua, 10.30am - Gymtastic Seniors, 12 noon - Senior Strength.

Saturdays: 8.15am - Aqua.

How to connect: Drop in or call 5734 0600. Collect a free Leisure pass inside your Explore & Connect bag. See page 3 for details.

Location: Kilmore Leisure Centre, White Street, Kilmore

Kilmore Men's Shed

Tuesdays and Thursdays, 9am-1pm.

How to connect: Drop in on the days they are open and see Ron. \$25 annual insurance and \$3 per visit.

Location: Kilmore Men's Shed, 2 Hunts Road, Kilmore

Kilmore Community Centre

Tuesdays: 12.30-2pm – Seniors yoga, \$13 per week. 7pm – Meditation, \$10 per session

How to connect: Pop in while centre is open. Mon – Fri 8.30am-5pm

Location: Kilmore Community Centre, 38 Victoria Parade, Kilmore

Seniors Festival October 2019

KILMORE AND DISTRICT (CONTINUED)

Kilmore U3A

Mondays: 2nd and 4th Mondays, 9.30am - Walk, Talk and Coffee.

1st Monday, 2pm - Family History on the Internet.

3rd Monday, 10.30am, Know your Body. 2pm - Technology for Dummies.

Tuesdays: Hand workers.

1st Tuesday, 1.30pm - Stitch and Chat.

2nd Tuesday, 1.30pm - Craft.

3rd Tuesday, 1.30pm - General Embroidery.

4th Tuesday, times various - Luncheon Club.

1st, 3rd and 5th Tuesday, 9.30am - Dog Walking and Socialisation.

1st and 3rd Tuesday, 1.30pm - Current Affairs Forum.

Wednesdays: 2.30pm, Yoga.

1pm, Carpet Bowls.

1st Wednesday, 1.30pm - Planes, Trains and Automobiles.

Various Wednesdays, 9.30am - Muscle Strength Exercises and Chair Aerobics. Muscle Strength Exercise and Power Walking. Muscle Strength and Gentle Exercises.

1st and 3rd Wednesday, 10am - Art and Drawing-Group 1.

2nd Wednesday, 10am - Art and Drawing – Group 2.

Thursdays: 2pm as advised - OKRFM Radio Workshop.

1st Thursday, times as advised - International Lunch Club.

2nd Thursday, times as advised - Gardening Group.

3rd Thursday, 10am - Book Club.

Fridays: 1.30pm - Recorder Group, “KANDIS” The Theatre Group. The Theatre Group organise several shows each year. Various venues and times.

How to connect: Contact President Paul Brinsden on 5783 1940.

PUCKAPUNYAL AND DISTRICT

Puckapunyal Neighbourhood House

KONGA: Thursdays, 6pm in the DJ's building, Cost \$8 - First class is free

SPIN GROUP: Mondays 6:15pm and Thursday, 6.15am. Free. Be sure to follow our Facebook page to reserve a bike as spaces are limited.

OP SHOP: Thursday from 9.30am-1.30pm. Saturday from 9.30-11.30am

UNFINISHED PROJECT AND SKILL SHARE GROUP: Thursday, 6pm at the PDNC

MODEL RAILWAY: Wednesday, 7-10pm

MENS SHED: Tuesday and Thursday, 6-9pm located near Puckapunyal Health Centre.

Saturday - by request only. Ladies are welcome. For more information, please contact Barry Johnson on 5735 6482.

PUCKA PANTRY: The Pucka Food Pantry is a free food service for everyone in the community.

COMMUNITY MORNING TEA: 3rd Thursday, 10am at the PDNC building.

How to connect: Contact Puckapunyal Neighbourhood House on 5735 7719 or PuckapunyalDncentre@gmail.com.

Location: Puckapunyal Neighbourhood House, Labuan Street, Puckapunyal.

Seniors Festival October 2019

PYALONG AND DISTRICT

Pyalong Neighbourhood House

Monday to Friday, 9am-4.30pm - Op Shop.

Tuesdays: Book club

Walking group (seasonal)

Knit and natter

Scale modellers (evening)

Wednesdays: Art class and Bingo

Thursdays: Craft

Other activities: Indoor bowls (seasonal)

Various group outings

Reiki (twice per month)

Responsible service of alcohol and responsible gambling certificates.

How to connect: Drop in or call 5785 1462.

Location: Pyalong Neighbourhood House, 13 High Street, Pyalong.

SEYMOUR AND DISTRICT

Seymour Senior Citizens Club

Mondays: 1st and 3rd Mondays, 9am -

Seniors meeting and lunch

2nd and 4th Mondays, 1pm - Cards

Tuesdays: 12noon - Straight bowls

3rd Tuesday, 9am - Probus

Wednesdays: 9am, Line dancing

Thursdays: 1pm - Cards

Fridays: 11am - Biased bowls

How to connect: Drop in or call 5792 1972.

New members welcome at \$5 per year.

Location: Seymour Senior Citizens Club, 80 Anzac Avenue, Seymour.

Seymour Sports and Aquatic Centre

Mondays: 10.30am - Aqua

Tuesdays: 8.30am - Senior Strength, 9.30am - Aqua, 6.15pm - Aqua.

Wednesdays: 10.30am - Aqua, 11.15am - Heart Smart.

Thursdays: 8.30am - Gymtastic Seniors, 6.15pm - Aqua.

Fridays: 8.30am - Seniors Strengths, 9.30am - Aqua.

How to connect: Drop in or call 5735 1500.

Collect a free Leisure pass inside your Explore & Connect bag. See page 3 for details.

Location: Seymour Sports and Aquatic Centre, Chittick Park, Pollard Street, Seymour



Seymour Neighbourhood House

Mondays: 10am-12 noon - Introduction to computer class. \$95 for an 8-week course (21 October – 9 December).

1-3pm - Oil and watercolour painting class. \$10 per session.

Fridays: 12 noon-3pm - Craft Class. \$3 per session.

How to connect: Pop in while open or call Rose O'Sullivan on 5792 3152.

Location: Seymour Neighbourhood House, 47A Anglesey Street, Seymour.

Seymour Men's Shed

Mondays and Thursdays, 9am-12noon.

How to connect: Pop in on the days men's shed is open. \$25 insurance annually and gold coin donation each week.

Contact Michael on 0458 911 191 or seymourmensshed@gmail.com.

Location: Seymour Men's Shed, Worrough Road (off Wimble Street), Seymour.

Seniors Festival October 2019



SEYMOUR AND DISTRICT (CONTINUED)

Seymour U3A

Seymour U3A offer a range of different courses. Art workshop, Australian History, Bobbin Lace and craft, Book Group, Chat and share group, Garden Mattes, Feldenkrais, Genealogy. Please see Seymour U3A website for details: <http://u3aseymour.org.au>

How to connect: Annual membership provides you with the opportunity to enrol in as many classes as you may wish to attend. Annual fee of \$40 single \$60 couples. Contact the office on 0448 153 572.

Location: Seymour U3A, Chittick Park, Pollard Street, Seymour.

WALLAN AND DISTRICT

Wallan Senior Citizens Club

Wednesdays: 12noon-3.30pm - Social activities include: Games days, Hoy, Bingo, annual lunches, high teas and social bus trips. \$4, afternoon tea provided.

How to connect: Drop in or call 5783 1462. New members welcome at \$5 per year.

Location: Wallan Senior Citizens Club, Wallan Multipurpose Community Centre, 42 Bentinck Street, Wallan.

U3A Wallan

Mondays: 9am - Pilates. 10.30am - Computer, Basic. 11.30am - Computer, Microsoft Word 2016.

Tuesdays: 10am - Mahjong.
1pm - Social Dancing.

Wednesdays: 9.30am - Walking group.
11am - Write for Life. 1.30pm - Book club

Thursdays: 10.30am - French.
11am - Card Craft with Sue.
1.30pm - Pilates.

How to connect: Please pop in when open.

Location: Wallan Neighbourhood House, Wallan Multipurpose Community Centre, 42 Bentinck Street, Wallan.

Wallan Neighbourhood House

Computer and internet access, music, yoga, courses and other group activities and social supports. Wallan Whistle newsletter.

How to connect: Pop in when open, Monday to Friday, 9am-3.30pm.

Location: Wallan Neighbourhood House, Wallan Multipurpose Community Centre, 42 Bentinck Street, Wallan.



Seniors Festival October 2019

SHIRE WIDE

Mitchell Shire Council Libraries

Join us on Wednesday 6 November at Kilmore Customer and Library Service Centre for an author talk by award-winning biographer and historian, Ross McMullin. Ross will be talking about his most recent book *'Pompey Elliott at War: In His Own Words'*.

No bookings required, arrive at 5.30pm for a 6.30pm start. For further information, visit www.mitchellshire.vic.gov.au/events

How to connect: Drop into your local Library or become a member online at www.mitchellshire.vic.gov.au/libraries.

Nexus Nexus activities change monthly, refer to the flyer or website.

Below is a sample of the activities Nexus offer: Circus Oz, Shopping at Shepparton, Writing workshop, BYO craft group, Lunch excursions, Wire Work Kumihimo, Malmsbury Botanic Gardens, Dog therapy, Op shop crawl.

Please see Nexus Group and Events website for further details: www.nexusprimaryhealth.org.au/groups-and-events/

How to connect: Please contact Nexus 1300 77 33 52 and ask to be put on the mail/ emailing list or stop in to collect a flyer.

Cat Curfew

A cat curfew will be introduced from **Wednesday 16 October**, meaning cat owners will need to keep their cats on their property overnight. Please ensure your cat is registered and microchipped, so we can re-unite you if your cat is caught.



Have your say

Community input sought

Mitchell Shire Council is seeking community feedback for a number of projects.

Visit www.engagingmitchellshire.com for more information and to have your say on these projects and more. Some of these projects include:

- > **Seymour Flood Levee** - We are seeking input from community members and affected landowners about a proposed flood levee in Seymour. The levee on the Goulburn River would protect Seymour from a large-scale flood event.
- > **2020/21 Budget** - What do you think should be part of the next Council budget? We've launched an online allocator tool where you can show us how you would spend the budget across our six infrastructure themes.

Australia Day Nominations

Nominations are now open for the Australia Day Awards – www.mitchellshire.vic.gov.au/aus-day Please share this with your family, friends and communities so we can encourage as many nominations as possible. Nominations close **Wednesday 6 November 2019**.

Beveridge North West Precinct Structure Plan Submission

The Victorian Planning Authority is currently seeking submissions on the Beveridge North West Precinct Structure Plan. More information available at <https://vpa.vic.gov.au/project/beveridge-north-west/>. Submission can be made online at <https://vpa.vic.gov.au/bnwfeedback/> or via email: amendments@vpa.vic.gov.au

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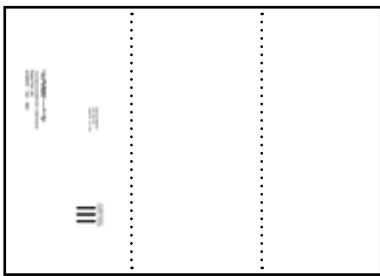
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