

Living Well

POSITIVE AGEING IN
GREATER DANDENONG



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November, December & January 2026

Welcome to our last edition of the Living Well newsletter for 2025. The weather is getting warmer, and we are starting to embrace the holiday season.

While this time can be an exciting, family fun filled time for many, for others it can be a stressful due to financial burdens, family conflicts and the pressure to be happy.

It's okay to feel lonely, angry, anxious, stressed, sad — or anything else.

Your emotions are valid, and your wellbeing truly matters. You're not alone in feeling this way, especially during the festive season.

Here are some gentle, practical tips that may support you or someone you care about:

- Simplify your to-do list - Focus on what truly needs to be done and let go of what can wait. Prioritise tasks into "must do" and "nice to do."
- Focus on what you can control - Let go of things beyond your influence and channel your energy into what you can change.
- Stay connected - Reach out to someone you care about, reconnect with an old friend, attend a local event, or visit your community library — small moments of connection can make a big difference.
- Practice self-care - Engage in activities or hobbies that bring you joy. They help reduce stress, boost your mood, and give you a sense of accomplishment.
- Acknowledge your feelings - Allow yourself to feel whatever comes up. You don't have to go through it alone — asking for help is a sign of strength.

For free support contact:

Lifeline 13 11 14

Beyond Blue 1300 224 636

Qlife - anonymous and free LGBTI peer support 1800 184 527 (3pm - Midnight daily)

MensLine Australia 1300 78 99 78



BorrowBox

Discover a World of Digital Reading with Greater Dandenong Libraries – All for Free!

Did you know your library membership gives you free access to thousands of ebooks, eAudiobooks, digital magazines, and newspapers – anytime, anywhere?

With the BorrowBox app, you can read or listen on your phone, tablet, or computer. It's easy to use and packed with features to suit your needs – adjust font size, change brightness, or listen to audiobooks at your own pace.

No late fees. No travel. Just instant access to great content.

Getting started is simple:

Download the BorrowBox app from the App Store, Google Play, or visit BorrowBox | Greater Dandenong Libraries.

Log in using your library card details.

Start reading or listening right away!

Need help? We offer free tech support – just visit your local branch or call us on 1300 630 920.



Drum Theatre Encore Program

The Encore Program is where inspiring theatre creates lasting memories in a relaxed morning outing for all to enjoy. All Encore tickets include complimentary morning tea and a parking voucher. Morning tea is provided before the show, from 9.30am.

For more information contact 8571 1666 or drumtheatre@cgd.vic.gov.au



Nuisia

Thursday 16 October, 10.30am

Explore a powerful intergenerational story of family, memory, and healing as Beth unearths buried tenderness, laughter, and love within a legacy shaped by tragedy.

The Great Gershwins

Thursday 20 November, 10.30am

A dazzling tribute to Gershwin classics with pianist William Schmidt, soprano Alison Jones and Chris McKenna. Hear "Summertime," "Rhapsody in Blue" and more in this wonderful celebration.





Heat Health

SURVIVE THE HEAT

Heat kills more Australians than any other natural disaster



DRINK WATER

Even if you don't feel thirsty, drink water. Take a bottle with you always.



HOT CARS KILL

Never leave kids, adults or pets in hot cars. The temperature inside a parked car can double within minutes.



KEEP COOL

Seek out air-conditioned buildings, draw your blinds, use a fan, take cool showers and dress in light and loose clothing made from natural fabrics.



PLAN AHEAD

Schedule activities in the coolest part of the day and avoid exercising in the heat. If you must go out, wear a hat and sunscreen and take a bottle of water with you.



HELP OTHERS

Look after those most at risk in the heat – your neighbour living alone, the elderly, the young, people with a medical condition and don't forget your pets.



Heat Health

Heat-related illness can quickly become life-threatening, and it is important to know what to look for.

Heat Rash

Also known as “prickly heat”, this is an itchy, painful rash caused by excessive sweating during hot, humid weather. If you have heat rash:

- move to a cooler, less humid place
- keep the affected area dry

Dehydration

This happens when the body doesn't have enough water and other fluids to carry out its normal function. Symptoms include:

- tiredness
- thirst
- dark yellow urine
- dizziness, fainting
- loss of appetite



Heat Exhaustion

This is the body's reaction to losing excessive amounts of water and salt contained in sweat. Symptoms include:

- heavy sweating or pale skin
- fast and weak pulse rate
- fast and shallow breathing
- muscle weakness and cramps
- nausea or vomiting
- headache, dizziness or fainting

If you have symptoms of heat exhaustion: move to a cool place and lie down. Take sips of cool fluids, have a cool shower or bath. Place cool packs under the armpits, on the groin or on the back of the neck to reduce body heat.

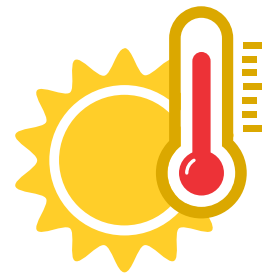
If you or someone you know is unwell, contact [Nurse on Call 1300 60 60 24](tel:1300606024) for 24-hour health advice, see your doctor or contact the [Victorian Virtual Emergency Department 9485 9070](tel:94859070) for non-life-threatening emergencies. **In an emergency, always telephone triple zero (000).**

Heat Cramps

Heat cramps are muscle pains or spasms and can be an early sign of heat exhaustion. If you experience heat cramps, you should:

- stop all activity and lie in a cool place with your legs raised
- have a cool shower or bath
- drink water or diluted fruit juice
- apply cool packs to the muscle pain

If heat cramps continue for more than one hour, seek medical attention.



Heat Stroke

This occurs when the body temperature is not controlled properly, and it rises above 40C. It is the most serious heat-related illness and is life threatening emergency. Immediate first aid aimed at lowering the body temperature as quickly as possible is very important.

Symptoms include:

- intense thirst
- rapid pulse and rapid, shallow breathing
- nausea and vomiting
- aggressive or bizarre behaviour, confusion, poor coordination or slurred speech
- loss of consciousness, seizures or coma

If you suspect heat stroke telephone triple zero (000) immediately.

Seniors Day Trips

Bookings open Tuesday 21 October 2025 at 9am



Bookings/enquiries phone: 8571 5574

- Participants must be a resident of the City of Greater Dandenong and be or become a registered user of the Community Transport Service.
- Participants using this service need to be independent and mobile. Mobility aids are accommodated.
- Admission prices are accurate at the time of printing but subject to change by the venue.
- Limited seats available and will be allocated on a first to book basis.
- Limited to one trip per month. 24-hour cancellation and terms and conditions apply.
- Bookings accepted by phone only.

Departure/Return: Noble Park Aquatic Centre, 9 Memorial Drive, Noble Park

Werribee Park Mansion

Werribee Park Mansion is one of Victoria's grandest estates, featuring 60 rooms, original furnishings, and richly decorated interiors. Highlights include a grand staircase, library, and classically styled reception rooms. **Note: Be prepared for extensive walking.**

Wednesday 5 November

Depart/Return: 8.30am-3.30pm

Transport cost: \$24.00 (inc GST)

Admission: Adult \$12.20, Concession \$8.80

Lunch: Purchase at cafe or BYO



EpicureX Restaurant Lunch

Indulge in a symphony of flavors at EpicureX where every dish is a masterpiece crafted with passion and precision.

Friday 7 November

Depart/Return: 11.45am-2pm

Transport cost: \$6.80 (inc GST)

Admission: Free

Lunch: Meals start from \$21.00 no BYO option

State Coal Mine Wonthaggi

Take a journey back in time to discover what life was like working in a coal mine in the 1900s. Follow the heritage walk among historic buildings and stunning gardens. **Good level of fitness required due to steep tunnel gradient. Not recommended for those with limited mobility.**

Monday 10 November

Depart/Return: 9.00am-3.30pm

Transport cost: \$24.00 (inc GST)

Admission: Adult \$24.00 Concession \$20.80

Lunch: Purchase at cafe or BYO



Mornington Main St Market

Join us at Mornington Main St market where your shopping options are endless! Browse from the homemade crafts, home baked treats, home grown plants, produce and more. The Main St Market has been running for over 40yrs and is Victoria's longest running street market.

Wednesday 12 November

Depart/Return: 9.30am-2.00pm

Transport cost: \$15.80 (inc GST)

Admission: Free

Lunch: Purchase at cafe or BYO



Seniors Day Trips



Alowyn Gardens & Yarra Valley Chocolaterie

Beautiful seven acre display garden in the heart of the Yarra Valley. Featuring seven distinct garden areas with seasonal displays. Extensive plant nursery with interesting and unusual plants. We will be stopping at Yarra Valley Chocolaterie where you can purchase lunch or a snack.

Thursday 13 November

Depart/Return: 9.15am -2.30pm

Transport cost: \$15.80(inc GST)

Admission: Adults: \$15.00, Concession \$12.50

Lunch: Purchase at Yarra Valley Chocolaterie or BYO



Living Legends

This is the perfect setting for people of every age to mix and mingle, get up close and personal, and really come to know these former race champions. Guided tour, photo opportunities and options to feed and pat.

Tuesday 18 November

Depart/Return: 8.45am - 2.30pm

Transport cost: \$15.80 (inc GST)

Admission: \$35.00 Includes tour and morning tea

Lunch: Purchase at cafe or BYO



Mount Dandenong Hotel lunch

"The Pub of the Hills" Mount Dandenong Hotel is situated in the heart of Victoria's Dandenong Ranges in the quaint town of Olinda. Seniors menu is available.

Thursday 20 November

Depart/Return: 11am-3.30pm

Transport cost: \$10.60 (inc GST)

Admission: Free

Lunch: Meals start at \$25, Seniors menu available. No BYO option



Cruden Farm

Enjoy a captivating 60-minute garden walking tour. Immerse yourself in the enchanting inner garden and rich history of this 100 acre estate.

Monday 24 November

Depart/Return: 9.15am-1pm

Transport: \$10.60 (inc GST)

Admission: \$30.00 Includes entry and morning tea.

Morning Tea only



Sages Cottages Tour and morning tea

Join us for a captivating tour of Sages Cottage Farm and experience the magic of this wonderful location. Includes morning tea.

Thursday 27 November

Depart/Return: 9.30am-1pm

Transport: \$7.90 (inc GST)

Admission: \$20.00

Lunch: Morning tea only



Seniors Day Trips



Caldermeade Farm Morning Melodies and Lunch 1

Caldermeade Farm presents The Real Paul Hogan Christmas Show for morning melodies. A \$15 seniors lunch is available on the day.

Monday 1 December

Depart/Return: 9.15am - 2pm

Transport cost: \$10.60 (inc GST)

Admission: \$35 includes show and two course set menu lunch (no BYO option).

Caldermeade Farm Morning Melodies and Lunch 2

Caldermeade Farm presents entertainer Alicia O'Brien Christmas Show for morning melodies. A \$15 seniors lunch is available on the day.

Tuesday 2 December

Depart/Return: 9.15am-2pm

Transport cost: \$10.60 (inc GST)

Admission: \$35 includes show and two course set menu lunch (no BYO option)



Melbourne Parliament House Tour

Be guided through the Legislative Chambers, the historic Parliamentary Library, and the majestic Queen's Hall while touching on the role, history, and work of the Parliament.

Monday 8 December

Depart/Return: 9.30am-2.30pm

Transport: \$10.60 (inc GST)

Admission: Free

Lunch: Purchase at cafe or BYO

Mornington Main Street Market

Looking for last minute Christmas gift ideas, browse homemade crafts, home baked treats, home grown plants, produce and more.

Wednesday 10 December

Depart/Return: 9.30am-2pm

Transport: \$15.80 (inc GST)

Admission: Free

Lunch: Purchase at cafe or BYO



Warran Glen Cafe, Garden & Gifts

Nestled in the gold mining town of Warrandyte, Warran Glen is a cafe with a difference. Shop homewares, gifts, fashion, plants, pots and more all while enjoying a lovely lunch.

Friday 12 December

Depart/Return: 10.30am-3pm

Transport cost: \$10.60 (inc GST)

Admission: Free

Lunch: Menu starts at \$25, no BYO options.

Seniors Day Trips



Kookaberry Strawberry Farm and Cherry Hill Orchards

Kookaberry Strawberry Farm - Come and purchase fresh berries or one of their award-winning products like jams, syrups, vinegars, gifts or hampers.

We then head off to Cherry Hill Orchards where you will be able to "pick your own" cherries.

Friday 19 December

Depart/Return: 9.30am-3pm

Transport cost: \$24.00 (inc GST)

Admission: Kookaberry Farm - free

Cherry Hill Orchards - \$22.50, picked cherries are an additional cost (approx \$17 per kilo)

Lunch: Purchase at cafe or BYO



Shopping Centre Trips

Knox City

Friday 5 December

Eastland

Tuesday 9 December

Southland

Thursday 18 December

Fountain Gate

Monday 22 December

Numbers for the shopping centre trips are limited. The community bus picks you up from home between 9am and 10am and takes you to the shopping centre.

You will have three hours at the destination before returning home.

The fee is \$7.90 per round trip.

Please contact the Positive Ageing team on 8571 5556 for more details.

Seniors Day Trips

January 2026



Kinglake Hotel Lunch

Join us for a relaxed dining experience in the heart of Kinglake. On the menu you will find all the pub classics and weekly Chef specials.

Tuesday 6 January

Depart/Return: 11am - 3pm

Transport cost: \$10.60 (inc GST)

Admission: Free

Lunch: Meals start from \$20, no BYO options

Ashcombe Maze & Lavender Gardens

Home to Australia's oldest and most famous hedge maze and the year round flowering Lavender Labyrinth, all set among 25 acres of world acclaimed gardens.

Thursday 8 January

Depart/Return: 9am - 3.30pm

Transport cost: \$24.00 (inc GST)

Admission: Seniors \$19.00

Lunch: Purchase from cafe or BYO



Blue Lotus Water Gardens

Spanning over 14 acres the tropical themed gardens contain more than 40 different ponds, lakes and water features which produce the biggest display of lotus and waterlily flowers in the southern hemisphere. **Please note: a lot of walking is required.**

Tuesday 13 January

Depart/Return: 9am-3pm

Transport: \$24.00 (inc GST)

Admission: Adults \$27.00 Seniors: \$24.00

Lunch: Meals start at \$25, no BYO option



Yarra Valley Grand Hotel Lunch

Built in 1888, the Yarra Valley Grand Hotel is a National Trust Heritage-listed gem located in Yarra Glen. A seniors menu is available with all mains priced at \$22 and desserts \$11.

Wednesday 14 January

Depart/Return: 11.00am-3pm

Transport: \$10.60 (inc GST)

Admission: Free

Lunch: Seniors menu \$22, no BYO option



Healesville Sanctuary

Located in the Yarra Valley, Healesville Sanctuary is world renowned as the best place to see Australian wildlife in their natural habitat.

Friday 16 January

Depart/Return: 8.30am-3pm

Transport cost: \$15.80 (inc GST)

Admission: Adults \$49.00

Lunch: Purchase at cafe or BYO



Seniors Day Trips

January 2026



Paradise Valley Hotel lunch

Located in the beautiful township of Clematis, Paradise Valley Hotel is a classic style pub with traditional meals or a seniors menu is available.

Monday 19 January

Depart/Return: 11.30am - 3pm

Transport cost: \$10.60 (inc GST)

Admission: Free

Lunch: Meals start at \$25.00, no BYO option

South Melbourne Market

Since 1867, South Melbourne Market has been a treasured inner-city landmark and a favorite amongst locals and visitors. It is the quintessential village market, a place where people come not only to purchase fresh food, but to meet, eat, drink, shop and discover.

Wednesday 21 January

Depart/Return: 8.45am-1.30pm

Transport cost: \$15.80 (inc GST)

Admission: Free

Lunch: Purchase at cafe or BYO



Austral Hotel Korumburra

Join us for lunch at the historical Austral Hotel (formerly Bridge Hotel). This hotel is one of the oldest commercial buildings in Korumburra, being constructed in 1894.

Friday 23 January

Depart/Return: 11am-3.30pm

Transport: \$10.60 (inc GST)

Admission: Free

Lunch: Meals start at \$25, seniors menu available no BYO option

Skyhigh Restaurant Lunch

Join us at the beautiful Sky High Restaurant, nestled amidst the hilly landscape and the cool fern glades of Mount Dandenong.

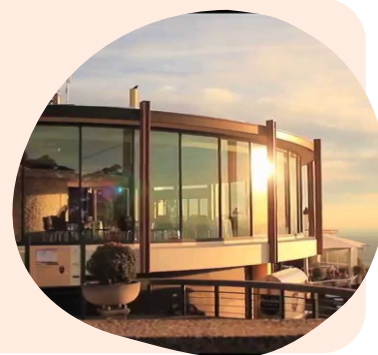
Thursday 29 January

Depart/Return: 11.15am-3.30pm

Transport: \$10.60 (inc GST)

Admission: Free

Lunch: Meals start at \$25, no BYO option



Community Transport

This door to door service provides a safe, friendly and reliable bus service to eligible residents that have difficulty accessing private or public transport. We attend local shopping centres, libraries, hydrotherapy, social support groups and more.

For more information please call 8571 5556

Seniors Discount Club

Are you over 60 and looking to enjoy retirement without stretching your budget? The Seniors Discount Club is a growing community of Australians who are embracing the golden years with smart savings, creative ideas, and plenty of good humour.

Retirement should be a time to relax, connect, and enjoy life — not worry about rising costs.

As a member, you'll enjoy:

- 🛒 Exclusive discounts and deals on everyday essentials
- 🛠️ DIY projects that are fun, affordable, and easy to try at home
- 🥗 Nutritious recipes that are kind to your wallet and your wellbeing
- 🔔 Early alerts on sales so you never miss a bargain
- 🤝 A welcoming community of like-minded Australians

Whether you're looking to save money, try something new, or simply share a laugh, the Seniors Discount Club is your go-to destination for living well after 60.

Available on the website is a free download of the popular The Ultimate Seniors Card Discount Guide.

The guide is full of money saving tips including:

- How to apply for a Seniors Card in your state or territory
- A state-by-state breakdown of the deals & discounts near you
- How to use your Seniors Card more effectively
- Discounts that apply when you're traveling interstate and overseas

For more information: <https://seniorsdiscountclub.com.au>



Other free downloads available are:



**Bargains, Deals,
and Discounts for
Aussie Seniors**



Seniors Discount Club

**If you would like a copy of this booklet, please collect from
Customer Service Centres located at:**

**Dandenong Civic Centre
Parkmore Shopping Centre
Springvale Community Hub
Dandenong Oasis
Noble Park Aquatic Centre**

**Please contact the Positive Ageing team on 8571 5556 or
email positiveageing@cgd.vic.gov.au for more details.**

**Subscribe to receive electronically:
greaterdandenong.vic.gov.au/living-well-greater-dandenong**

 **(03) 8571 1000**

 **council@cgd.vic.gov.au**

 **greaterdandenong.vic.gov.au**



TTY: 133 677

Speak and listen: 1300 555 727

Online: relayservice.gov.au



TIS: 13 14 50



**Acknowledging
Bunurong Country**

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