

Ageing Well

Creating an age-friendly shire

Edition 25 — September 2026

Welcome to the September edition of the Ageing Well Newsletter

Spring has arrived, bringing fresh energy and plenty of ways to get out and about across Cardinia Shire. In this edition, you'll find local events, support services and simple ways to stay safe and connected. Whether you're discovering something new or catching up with others, there's plenty to enjoy this season.

cardinia.vic.gov.au/ageingwellnewsletter

Victorian
Seniors
Festival
2026



CONNECT
CREATE
CELEBRATE

1-31 October



Connect, create and celebrate in Cardinia Shire

The Victorian Seniors Festival is back this October, offering a wonderful opportunity to get involved and connect with others.

With events taking place throughout the month, there's something for everyone to enjoy – whether you stay close to home or venture out somewhere different for the day.

This year's theme invites you to:

- **Connect** with people, interests and your community.
- **Create** new skills, ideas and experiences.
- **Celebrate** the richness of ageing in all its forms.

Give something new a go – you might surprise yourself.

Pick up your free festival guide this September from Myli Pakenham Library or your local Coles supermarket (Cardinia Lakes, Heritage Springs, Lakeside or Main Street).

Turn to pages 2-5 to start planning your local activities.

Or visit seniorsonline.vic.gov.au/festival to explore events across Victoria.



A memorable moment from last year's 'Anything You Can Do' performance

cardinia.vic.gov.au/ageingwellnewsletter
ageingwell@cardinia.vic.gov.au
1300 787 624
facebook.com/cardiniashirecouncil

Get the newsletter your way

- Scan the QR code to subscribe
- Visit a pick-up point
- Request a printed copy and join our mailing list
- Read/subscribe online (includes large print format)



Celebrate locally

The Victorian Seniors Festival runs from 1-31 October, with thousands of free and low-cost events across the state.

Here in Cardinia Shire, you'll find events focused on music, dancing, learning, wellbeing, and social connection.

It's a great chance to try something new or reconnect with things you enjoy. Many groups also continue meeting all year round.

Start with an event - you might find a new favourite!



Local events:

cardinia.vic.gov.au/victorian-seniors-festival-2026

Free travel during the festival

Seniors Card holders can enjoy nine days of free public transport from 3-11 October.

This includes:

- Metropolitan trains, trams and buses.
- V/Line trains and coach services.
- Selected regional bus services.



seniorsonline.vic.gov.au/nine-days-free-public-transport

Major events across Victoria

Celebration Day - Federation Square

Sat 3 October, 11am-5pm

A lively festival launch featuring free entertainment, performances and activities.

Big Band Dance - Melbourne Town Hall

Mon 5 October, 12-3pm

Australian Centre for the Moving Image (ACMI) Seniors Film Festival

5 to 11 October

Country Concert Tour

Live entertainment across regional Victoria.

Aged Care Tour

Across Victoria.



Full details on Seniors Online

seniorsonline.vic.gov.au/festival

Festival Partner

Victorian
Seniors
Festival
2026



Saturday 3 October

Rotary Dance

Enjoy an old-time dance with The Silhouettes, featuring ballroom, new vogue, rock and roll and line dancing. No partner needed, come along, join in the dancing or sit back and enjoy the entertainment. Relaxed, alcohol-free event. Bring your own food and drinks. Tea and coffee provided.

Where: **Pakenham Hall, corner John and Henry streets, Pakenham.**

Cost: **\$20 | Bookings essential.**

Enquiries: **Call Heike 0473 137 381 or email hmcountry@hotmail.com**

Plan your month

Tick
events
you like!

Start: **7:30pm**

End: **11pm**

☐ Interested

☐ Going

Tuesday 6 October

Try before you ride the bus

Interested in using the bus but not feeling confident? Join Ventura Buses for Try Before You Ride. Have a go at hailing, using a myki and trying the wheelchair ramp. Explore a bus in a relaxed setting and meet friendly staff who can answer your questions.

Where: **Cardinia Cultural Centre, 40 Lakeside Blvd, Pakenham.**

Cost: **Free | No bookings required.**

Enquiries: **Call 9771 4300 or email community@venturabus.com.au**

Start: **10am**

End: **1pm**

☐ Interested

☐ Going

Wednesday 7 October

Lifelong learning morning tea

Enjoy morning tea while discovering learning opportunities across Cardinia. Explore library services, tech help, local history, and connect with local organisations.

Where: **Pakenham Library (supper room), corner John and Henry streets, Pakenham.**

Cost: **Free | No bookings required.**

Enquiries: **Call 5940 6200 or email support@myli.org.au**

Start: **10am**

End: **12pm**

☐ Interested

☐ Going

Friday 9 October

Morning Melodies

Enjoy a lively morning of music with classic hits from the 50s, 60s and 70s. Sing along or dance, then relax with a Devonshire tea.

Where: **Pakenham Senior Citizens, 38-42 James St, Pakenham.**

Cost: **Free | Bookings required.**

Enquiries: **Call Carmen 0452 387 971 or email pakenhamseniors1@bigpond.com**

Start: **10:30am**

End: **12:30pm**

☐ Interested

☐ Going

The Beat Around the Bush Dance

Come to Cardinia Cultural Centre for a boot scoot with the Beat Around the Bush Band. The band plays lively Australian folk music. Enjoy traditional dances with a lively caller. Cabaret-style seating available, with food and drinks available for purchase.

Where: **Cardinia Cultural Centre, 40 Lakeside Blvd, Pakenham.**

Cost: **\$15 | Bookings required.**

Call Box Office 1300 887 624 or email ccc@cardinia.vic.gov.au

Start: **7pm**

End: **9pm**

☐ Interested

☐ Going

Wednesday 14 October

Sea Wolves Howl live performance

Enjoy a morning of music and storytelling with Sea Wolves Howl. When two people met during Melbourne's lockdown, they started a movement that grew to 60 women finding connection through cold water.

Morning tea: 10am. Show: 11am.

Where: **Cardinia Cultural Centre, 40 Lakeside Blvd, Pakenham.**

Cost: **\$24 | Bookings required.**

Enquiries: **Call Box Office 1300 887 624 or email ccc@cardinia.vic.gov.au**

Start: **10am**

End: **12pm**

☐ Interested

☐ Going

Tai Chi at Cardinia Leisure

Try a free, beginner-friendly Tai Chi session focused on gentle movement, balance and relaxation. Suitable for all fitness levels, with a supportive and inclusive atmosphere.

Wear comfortable clothing and bring a water bottle.

Where: **Cardinia Life, 4-6 Olympic Way, Pakenham.**

Cost: **Free | Bookings required.**

Enquiries: **Call 5945 2888 or email kerry.carlyon@alignedleisure.com.au**

Start: **10:45am**

End: **11:45am**

☐ Interested

☐ Going

Thursday 15 October

Cardinia Leisure Seniors Expo

Celebrate Seniors Festival at the Cardinia Leisure Seniors Expo. Enjoy a fun day with pickleball, table tennis, walking netball and reformer Pilates. Start with the 9:30am Heart Foundation walk, explore the centre, enjoy a free hot drink and hourly prizes, and meet local stallholders. Everyone's welcome.

Where: **Cardinia Life, 4-6 Olympic Way, Pakenham.**

Cost: **Free | No bookings required.**

Enquiries: **Call 5945 2888 or email kerry.carlyon@alignedleisure.com.au**

Start: **10am**

End: **2pm**

☐ Interested

☐ Going

Rossiter Rd history: museum talk and walk series

Explore the history of Rossiter Road with a short museum talk and optional guided walk. Morning tea included.

Where: **Koo Wee Rup Swamp Historical Society, 325 Rossiter Rd, Koo Wee Rup.**

Cost: **Free | Bookings required.**

Enquiries: **Call 0429 814 410 or email mdalziel@cadesystems.com.au**

Start: **10:30am**

End: **12:30pm**

☐ Interested

☐ Going

Saturday 17 October

Bouquet of Seniors Celebration

Celebrating our community's diversity like a bouquet of flowers! A colourful celebration of culture, dancing and food. Connect, share and enjoy a welcoming day.

Where: **Beaconsfield Community Hall, 8 O'Neil Rd, Beaconsfield.**

Cost: **Free | Bookings required.**

Enquiries: **Call 0404 014 499 or email jagtarsinghsodhi@yahoo.com**

Start: **11am**

End: **2pm**

☐ Interested

☐ Going

Tuesday 20 October

Carer's Games Day

Join us for a games morning tea for carers and the people they support.

Relax, socialise and have fun. Enjoy a variety of games and refreshments in a welcoming space filled with laughter and connection.

Where: **Outlook Community Centre, 24 Toomuc Valley Rd, Pakenham.**

Cost: **Free | Bookings required.**

Enquiries: **Call 1300 617 649 (option 2) or email communitycentre@outlookaust.org.au**

Start: **10am**

End: **12pm**

☐ Interested

☐ Going

Wednesday 21 October

Community spit roast and emergency planning

Join us for a friendly day with a delicious spit roast and practical emergency planning. Take part in a Person-Centred Emergency Preparedness session, receive a free Ready, Set, Go bag, and connect with local emergency services. Everyone is welcome.

Where: **Koo Wee Rup Mens Shed, 235 Rossiter Rd, Koo Wee Rup.**

Cost: **Free | Bookings required.**

Enquiries: **Call Lang Lang Community Centre 5997 5704 or email llcc@langlang.net**

Start: **10:30am**

End: **2pm**

☐ Interested

☐ Going

Thursday 22 October

Walking football at Cardinia Leisure

Try walking football in a fun, friendly setting. No experience needed.

Where: **Cardinia Life, 4-6 Olympic Way, Pakenham**

Cost: **Free | No bookings required.**

Enquiries: **Call 5945 2888 or email kerry.carlyon@alignedleisure.com.au**

Start: **10:30am**

End: **11:30am**

☐ Interested

☐ Going

Station Street history: Museum talk and walk series

Explore the history of Station Street with a short museum talk and optional guided walk. Morning tea included.

Where: **Koo Wee Rup Swamp Historical Society, 325 Rossiter Rd, Koo Wee Rup.**

Cost: **Free | Bookings required.**

Enquiries: **Call 0429 814 410 or email mdalziel@cadesystems.com.au**

Start: **10:30am**

End: **12:30pm**

☐ Interested

☐ Going

Move well, live well

Gentle, chair-based exercise led by a physiotherapist to improve strength, balance and confidence. Suitable for all abilities, including wheelchair users. Light refreshments provided.

Where: **Fernlea Community House, 356-358 Belgrave-Gembrook Rd, Emerald.**

Cost: **Free | Bookings required.**

Enquiries: **Call Care Connect 1800 940 633 or email community@careconnect.org.au**

Start: **10am**

End: **12pm**

☐ Interested

☐ Going

Friday 23 October

Biggest Group Line Dancing event

Put on your dancing shoes and be part of something big!

Local line dancing groups are coming together for a lively event in the stadium. Suitable for beginners and experienced dancers, everyone is welcome to join in!

Where: **Cardinia Life, 4-6 Olympic Way, Pakenham.**
Cost: **Free | No bookings required.**
Enquiries: **Call 5945 2888 or email kerry.carlyon@alignedleisure.com.au**

Start: **10:30am**
End: **12:30pm**

☐ Interested
☐ Going

Monday 26 October

Curious about AI? A relaxed taster session for seniors

An easy introduction to Artificial Intelligence (AI) – tools that can help with everyday tasks, hobbies and staying connected. No experience needed.

Where: **Pakenham Library, corner John and Henry streets, Pakenham.**
Cost: **Free | Bookings required.**
Enquiries: **1300 617 649 (option 2) or email communitycentre@outlookaust.org.au**

Start: **10am**
End: **12pm**

☐ Interested
☐ Going

Tuesday 27 October

Koo Wee Rup Forget Me Not Cafe art exhibition

Enjoy morning tea in a dementia-friendly space and view artworks created by people living with dementia and their supporters.

Where: **Hewitt Eco House Community Room, 215 Rossiter Rd, Koo Wee Rup.**
Cost: **Free | No bookings required.**
Enquiries: **Call Joanne 5997 9655 or email joanne.cain@krhs.net.au**

Start: **10am**
End: **12pm**

☐ Interested
☐ Going

Friday 30 October

Twist, Shout and Loco With Me

Rock'n'roll the night away with legendary songs from Bette Midler, Chubby Checker, Connie Francis, The Supremes, Brenda Lee and Elvis. Includes light refreshments.

Where: **Pakenham Hall, corner John and Henry streets, Pakenham.**
Cost: **\$20-25 | Bookings required www.trybooking.com/DOBSI**

Start: **6pm**
End: **8pm**

☐ Interested
☐ Going

Victorian
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2026

CONNECT
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1-31 October



Keep exploring
- more events online

There are thousands of free and low-cost events across Victoria.

Scan the QR code to view full program or visit:

seniorsonline.vic.gov.au/festival



Supporting people who care for others

Do you help look after a partner, friend or family member? You might be a carer, even if you don't call yourself one.

People in caring roles give so much of their time, energy and compassion. Carers Week (11-18 October) is an opportunity to recognise that contribution and make sure they feel supported. Around one in 10 Victorians is in a caring role. Chances are, you know someone who is.

Small actions can make a big difference:

- Check in regularly.
- Offer time for a short break.
- Say thank you.
- Encourage them to look after their own wellbeing.
- Have a quick chat – it can brighten someone's day.

Carers Victoria  **1800 514 845**

 **carersvictoria.org.au**

Carer Card  **1300 151 882**

 **carercard.vic.gov.au**

Companion Card  **1800 650 611**

 **companioncard.vic.gov.au**

 Find more groups at
carersvictoria.org.au/carers-support-groups

Carer support in Cardinia

Pakenham Carers Group

A welcoming space for people supporting someone with disability, mental illness or older age. Come along for a cuppa, chat and updates on services.

When: **first Thursday of the month**

Where: **Outlook Community Centre,
24 Toomuc Valley Rd, Pakenham**

Time: **10am-12pm**

Cost: **free (gold coin donation welcome)**

 **1300 617 649 (select option 2)**

Emerald Seniors Wellness Group

Looking to meet new people and stay social? This friendly group for older adults is a great place to start.

Enjoy a chat, word games and a relaxed morning tea while building friendships.

When: **every Thursday**

Where: **Fernlea Community House,
356-358 Belgrave-Gembrook Rd, Emerald**

Time: **10-11:30am**

Cost: **\$2 (tea/coffee).**

\$11 annual membership (pensioners)

 **5968 3895 or 0424 147 364**

 **fch@fernlea.com.au**

Gembrook Craft Group

Looking for a friendly place to connect and get creative?

The Gembrook Craft Group offers a welcoming space. Share skills, learn something new, and enjoy good company.

Bring your knitting, crochet or spinning, or just come along for a chat and a cuppa.

You can enjoy:

- Knitting and crochet.
- Felting and spinning.
- Hands-on workshops.
- Creative projects to take home.

Want to try spinning? You can book a lesson.

The group is active in the community, with a monthly stall at the Gembrook Market and Puffing Billy Station.

Recent upgrades through Council's Access and Upgrade Program have improved toilet access, making it easier and more comfortable to attend.

Everyone is welcome.



Members enjoying lunch at The Chocolateries Yarra Glen, April 2026.

Location: **Gembrook Craft Cottage,
3 Redwood Rd**

Cost: **free to try. \$50 annual membership**

 **gembrookcraftgroup@gmail.com**

 **Follow the group on Facebook**

Prostate cancer support

This year marks 30 years of the Prostate Cancer Foundation of Australia (PCFA).

Prostate cancer affects nearly 29,000 Australian men each year. Survival rates are high, but a diagnosis can still bring emotional and practical challenges.

Support groups can make a real difference. They help reduce isolation, build confidence, and improve wellbeing.

You can:

- Share experiences.
- Access reliable information.
- Hear from guest speakers.

Visit the Cardinia Cultural Centre at 40 Lakeside Boulevard, Pakenham, this September to see it lit up in blue at night to raise awareness of prostate cancer.

Cardinia Prostate Cancer Support Group

When: **first Thursday of the month**
Time: **7–8:30pm**
Where: **Outlook Community Centre,
24 Toomuc Valley Rd, Pakenham**
Cost: **gold coin donation**
Enquiries: **1300 617 649 (select option 2)**
Additional contact: **Span 0422 917 386**
Email: **cardyprostate@outlook.com**

New members, partners and family members are welcome.

Find information in your language:

prostate.org.au/resources/multilingual-resources



Span from the Cardinia Prostate Cancer Support Group at Men's Health Week, sharing support and information.

PCFA 1800 220 099
 enquiries@pcfa.org.au
 prostate.org.au

Thursday nights at Pakenham Hall

Need a warm meal and friendly support?

The community meal at Pakenham Hall provides a welcoming space for people in need every Thursday. There's no need to book, simply come along.

**Hosted by Follow Bless Collective,
the program offers:**

- A shared meal.
- Friendly conversation.
- Clothing and basic toiletries.
- Emergency food support.

ADRA also visits each week with their community bus, providing fresh food and practical help.

Together, volunteers and local partners create a welcoming and respectful space where people can feel supported and connected.

When: **every Thursday.**
Time: **from 6pm.**
Where: **Pakenham Hall,
corner Henry and John streets, Pakenham.**



5943 2137 **bless.org.au/community-meal**
 info@bless.org.au **adra.org.au**

Local support for food relief and financial assistance

1300 787 624 **cardiniasupport.com.au**

Stay prepared this spring

Stay safe - be prepared

Spring and summer can bring storms, heat and unexpected challenges. A little planning now can help you stay safe, independent and connected.

Emergencies aren't always big events like bushfires or floods. They can include power outages, illness, or times when you can't leave home.

A few small steps can make a difference:

- **Make a plan** - know where you would go and who to contact.
- **Stay connected** - share your plan with family, friends or neighbours.
- **Include pets** - plan where they will go if you need to leave.
- **Get organised** - keep key documents, check insurance, and save contact numbers.
- **Plan your daily needs** - medications, mobility aids and support you need from others.

Stay informed

VicEmergency app or website:
www.emergency.vic.gov.au

Call VicEmergency: **1800 226 226**

Language support: **131 450**

Listen to ABC local radio or watch ABC News

Call **000** if life or property is at risk

Emergency kit checklist

Keep your kit somewhere easy to reach. Include:

- ☐ Medications list.
- ☐ Emergency contacts.
- ☐ Torch and spare batteries.
- ☐ Phone charger or power bank.
- ☐ Spare glasses or hearing aid batteries.
- ☐ Important documents (copies).
- ☐ Warm clothing and comfortable shoes.

Need help getting started?

- Join a Person-Centred Emergency Preparedness session this October (see page 4)
- Try a free "Get Techy, Get Ready" session to learn emergency apps

 **1300 787 624**

 **emergency@cardinia.vic.gov.au**



Your Councillors



Cr Brett Ower (Mayor)

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b.owen@cardinia.vic.gov.au



Cr Liz Roberts (Deputy Mayor)

0428 436 326
liz.roberts@cardinia.vic.gov.au



Cr Alanna Pomeroy

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alanna.pomeroy@cardinia.vic.gov.au



Cr Collin Ross

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Cr Jack Kowarzik

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Cr Samantha-Jane Potter

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Cr David Nickell

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Cr Casey Thomsen

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casey.thomsen@cardinia.vic.gov.au



Cr Trudi Paton

0437 719 572
trudi.paton@cardinia.vic.gov.au

Council contacts

Cardinia Shire Council

Civic Centre
20 Siding Avenue, Officer

Postal address:

PO Box 7, Pakenham 3810

Phone: **1300 787 624**

Email: **mail@cardinia.vic.gov.au**

Web: **www.cardinia.vic.gov.au**

After-hours emergencies:

1300 787 624

National Relay Service (NRS):

Customers who are deaf or have a hearing or speech impairment can call through the NRS. This is a free service.

TTY users phone 133 677
then ask for 1300 787 624.

Speak and Listen

(speech-to-speech relay)
users phone 1300 555 727
then ask for 1300 787 624.

Emergency alerts on your phone

Australia will launch a new national warning system called AusAlert in October.

AusAlert will send emergency messages directly to your mobile phone during serious events like bushfires, storms or other emergencies.

If you receive an alert, your phone may vibrate or play a loud, siren-like sound even if your phone is on silent.

What to do if you receive an alert:

- Read the message when it's safe to do so.
- Tell others, including family and people nearby.
- Follow the instructions in the message.

Keep checking local TV, radio, emergency apps and websites for updates.

 **ausalert.gov.au**

 AusAlert™

Get ready for AusAlert™

