



AGEING POSITIVELY FESTIVAL

OCTOBER 2021



Victorian
Seniors
Festival
Reimagined
2021



[CASEY.VIC.GOV.AU](https://casey.vic.gov.au)

About this Program (Ageing Positively Festival booklet)





The 2021 Ageing Positively Festival has been redesigned to ensure safety of all community members and to comply with State Government restrictions due to the COVID-19 pandemic in Victoria.

This has meant that a significant number of events have moved to an online format, with fewer in-person activities.

Please note that all events and activities listed in this booklet are subject to change given the unpredictable nature of the COVID-19 situation. Please get in touch with the organiser to reserve your place and to ensure you obtain updated event information. Zoom sessions will open earlier to help assist with any technical queries.

Ageing Positively Festival activities and events included in this program are organised by Council, community groups, neighbourhood houses, community centres, and community support organisations.

Understanding the symbols

-  Time of the activity
-  Venue / location of the activity
-  Contact for bookings or information
-  Cost of the activity per person

Indigenous Statement of Acknowledgement:

The City of Casey proudly acknowledges the traditional owners, Casey's Aboriginal communities and their rich culture and pays respect to their Elders past, present and future. We acknowledge Aboriginal people as Australia's first peoples and as the traditional owners and custodians of the land on which we work and live.

Disclaimer: Every effort has been made to ensure that the information is as current and accurate as possible at the time of printing. Council accepts no responsibility or liability for any loss, damage or injury which may arise from anything contained in this publication. The listing of any individual, group, club, organisation or establishment is not an endorsement by Council of such individual, group, club, organisation or establishment.

A message from the Administrator

The City of Casey's Ageing Positively Festival is held annually in conjunction with the Victorian Seniors Festival. The month-long celebration is an opportunity for all of us to acknowledge and appreciate older generations for the many ways in which they contribute to the success and strength of our community.

We recognise that COVID-19 has significantly disrupted the way we live, work, and experience our physical and social environment. Now more than ever, we are reminded of the importance of our connections to our families, friends, neighbours and the wider community.

This year's festival has been adapted to offer more online activities, to ensure everyone's safety during the current COVID-19 environment, without compromising the opportunity to find enjoyment and connection to others.

We encourage and welcome you and your family to actively take part in the festival activities, share your journey, make new friends and explore new interests.

On behalf of City of Casey, I would like to acknowledge the great work that many of the community groups, neighbourhood houses, community centres and senior support organisations are undertaking to support active and healthy ageing in Casey.

The Ageing Positively Festival is a collaborative effort and I thank all the festival event hosts who have contributed their time and effort to welcome Casey senior residents, in all their diversity, to join in the activities and events.



Noelene Duff PSM

Chair of Administrators
City of Casey

Quick Guide

ACTIVITY	TIME	COST	PG
THROUGHOUT OCTOBER			
Art Brings Us Together (28 September – 31 October)	Library hours	FREE	17
Truth to Power Café film Launch Event (Available to watch online at your convenience from 2 October – 31 October)	6.30 pm	FREE	18
Victorian Seniors Festival Reimagined (1 October – 31 October)	Various	FREE	20
Variety of Health and Wellness activities offered through YMCA and One Casey	Various	Call for costs	21
Myuna Farm Ageing Positively Festival Deal (Monday – Friday during October)	Trading hours	\$6.00	22
Intergenerational Storytelling Competition (1 October – 31 October)	N/A	FREE	22
Spring Hope in Doveton – Art Competition (4 October – 22 October)	N/A	FREE	23
Road to Recovery (4 October – 15 November)	N/A	FREE	24
Cooking with a Casey Resident	At your leisure	FREE	25

Quick Guide

ACTIVITY	TIME	COST	PG
THROUGHOUT OCTOBER			
Falls Prevention and Coordination Exercises	At your leisure	FREE	25
Gold Zumba	At your leisure	FREE	26
Fluid Art	At your leisure	FREE	26
Guided Meditation	At your leisure	FREE	27
Balance and Strength Exercise	At your leisure	FREE	27
Exercise Gentle Stretching	At your leisure	FREE	28
SUNDAY 3 OCTOBER			
Connect With Youth	11.00 am	FREE	29
MONDAY 4 OCTOBER			
Tai Chi by Zoom	9.30 am	FREE	30
Active People, Healthy Minds – Gardening Forum	10.00 am	FREE	31
Exercise at Home	10.30 am	FREE	32
Ukulele by Zoom	11.30 am	FREE	32
Zumba Gold by Zoom	1.00 pm	FREE	33
TUESDAY 5 OCTOBER			
Active People, Healthy Minds – Exercise with fitness instructor	10.00 am	FREE	34
Gentle Meditative Movement and Guided Meditation by Zoom	10.30 am	FREE	35

Quick Guide

ACTIVITY	TIME	COST	PG
WEDNESDAY 6 OCTOBER			
Introduction to Internet Safety	1.00 pm	FREE	36
Active People, Healthy Minds – Social Interaction / Tai Chi	10.00 am	FREE	36
Online Bingo	10.00 am	FREE	37
Ted Talks by Zoom	1.00 pm	FREE	38
THURSDAY 7 OCTOBER			
Active People, Healthy Minds – Support for Carers Forum	10.00 am	FREE	39
Gentle Meditative Movement and Guided Meditation by Zoom	10.30 am	FREE	40
FRIDAY 8 OCTOBER			
Active People, Healthy Minds – Expressive Arts	10.00 am	FREE	41
Cut Costs and Control Energy Bills	2.00 pm	FREE	43
MONDAY 11 OCTOBER			
Tai Chi by Zoom	9.30 am	FREE	44
Chat and Yarn – Let your voices be heard!	10.00 am	FREE	45
Ukulele by Zoom	11.30 am	FREE	46
Zumba Gold by Zoom	1.00 pm	FREE	46
Zumba Gold	4.00 pm	FREE	47

Quick Guide

ACTIVITY	TIME	COST	PG
TUESDAY 12 OCTOBER			
Gentle Meditative Movement and Guided Meditation by Zoom	10.30 am	FREE	48
SeniorsROAR Super Over 60's	10.30 am	FREE	49
WEDNESDAY 13 OCTOBER			
Trivia Through the Decades	10.00 am	FREE	50
Ted Talks by Zoom	1.00 pm	FREE	50
THURSDAY 14 OCTOBER			
Write Your Own Story Workshop	10.00 am	FREE	51
Gentle Meditative Movement and Guided Meditation by Zoom	10.30 am	FREE	52
Employment and Careers Advice	By appointment	FREE	53
Seniors Week Cultural Concert	TBA	FREE	54
Trivia	1.30 pm	FREE	54
FRIDAY 15 OCTOBER			
Equip4life	10.30 am	FREE	55
Sharing Stories Through Favourite Recipes (Wellsprings for Women)	1.00 pm	FREE	56
Scrapbooking for Your Memories for Seniors	1.00 pm	FREE	57
SUNDAY 17 OCTOBER			
Celebrate Senior Week	TBA	FREE	58

Quick Guide

ACTIVITY	TIME	COST	PG
MONDAY 18 OCTOBER			
Tai Chi by Zoom	9.30 am	FREE	59
Brainwaves Workshop	10.00 am	FREE	60
Ukulele by Zoom	11.30 am	FREE	61
Teach the Skills of Crochet or Knitting	12.30 pm	FREE	62
Zumba Gold by Zoom	1.00 pm	FREE	62
Brainwaves Workshop	2.00 pm	FREE	63
TUESDAY 19 OCTOBER			
Cut Costs and Control Energy Bills	10.00 am	FREE	64
Gentle Meditative Movement and Guided Meditation by Zoom	10.30 am	FREE	65
WEDNESDAY 20 OCTOBER			
Cooking for One	9.30 am	FREE	66
Zumba Gold	10.00 am	FREE	66
Social Media for Seniors Online	1.00 pm	FREE	67
Ted Talks by Zoom	1.00 pm	FREE	67
THURSDAY 21 OCTOBER			
Gentle Meditative Movement and Guided Meditation by Zoom	10.30 am	FREE	68
Dead Men Do Tell Tales	11.00 am	FREE	69
FRIDAY 22 OCTOBER			
Planning for Your Future	10.30 am	FREE	70

Quick Guide

ACTIVITY	TIME	COST	PG
SATURDAY 23 OCTOBER			
Tamil Musical and Dance Performance	11.00 am	FREE	71
MONDAY 25 OCTOBER			
Tai Chi by Zoom	9.30 am	FREE	72
Ageing in Your Own Home	10.00 am	FREE	73
Ukulele by Zoom	11.30 am	FREE	74
Zumba Gold by Zoom	1.00 pm	FREE	74
Ageing in Your Own Home	2.00 pm	FREE	75
TUESDAY 26 OCTOBER			
Gentle Meditative Movement and Guided Meditation by Zoom	10.30 am	FREE	76
WEDNESDAY 27 OCTOBER			
Ted Talks by Zoom	1.00 pm	FREE	77
THURSDAY 28 OCTOBER			
Gentle Meditative Movement and Guided Meditation by Zoom	10.30 am	FREE	78
Heat Health: Preparing for the Heat of Summer Workshop	11.00 am	FREE	79
COVID Information Session	1.30 pm	FREE	80
FRIDAY 29 OCTOBER			
Line Dancing With a Touch of Self-Care	10.00 am	FREE	81

How to access Zoom

You can access a Zoom Meeting by using one of the following options:

Option 1: Type in the Meeting ID and Passcode

Type **zoom.us/join** directly into your Internet Browser and use the Meeting ID and Passcode. (Please refer to Option 1 instructions on the right).

***Please note:** If using a tablet or a mobile phone, these instructions slighter differ, as first time users will be prompted to download a Zoom Cloud Meetings App.

Option 2: Click on a Zoom Meeting link

If you have an email link for your event, click on the link and this will take you directly into the Zoom Meeting. (Please refer to Option 2 instructions on page 12).

The City of Casey will be hosting **30 minute Zoom Assistance Sessions** to help you get used to using Zoom. Please use the details below to join these sessions.

10.00 am Sessions:

Monday 27 September
Tuesday 28 September
Wednesday 29 September

Join Zoom Meeting:
zoom.us/join

Meeting ID: **688 2601 3284**
Passcode: **1568295297**

12.30 pm Sessions:

Monday 27 September
Tuesday 28 September
Wednesday 29 September

Join Zoom Meeting:
zoom.us/join

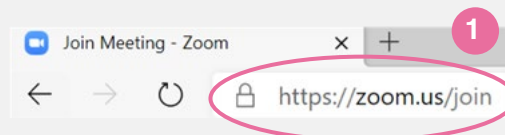
Meeting ID: **679 6878 2009**
Passcode: **9622661403**

For further support:

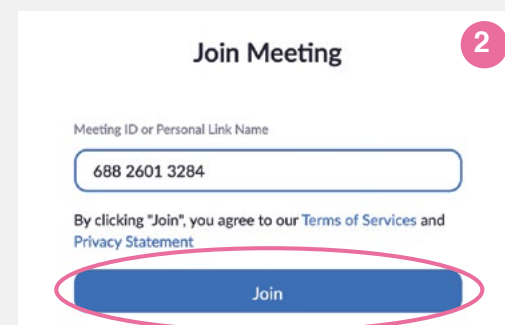
Please contact Yoshi de Wilde, Access & Inclusion officer, City of Casey, on 9705 5200.

Type in the Meeting ID and Passcode (On the Zoom 'Join Meeting' web page)

1. Type **zoom.us/join** directly into your Internet Browser and press Enter or Search. (Common programs are Internet Explorer, Google Chrome, Microsoft Edge and Firefox).

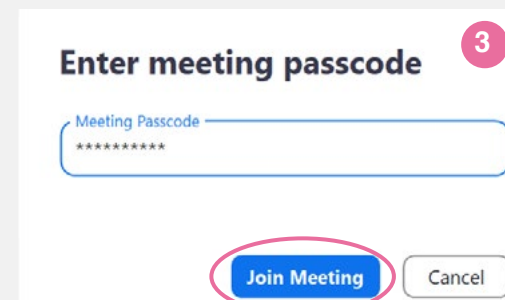


2. Type in the Meeting ID (e.g. **688 2601 3284** for the 10.00 am Assistance Session) and click **Join**.

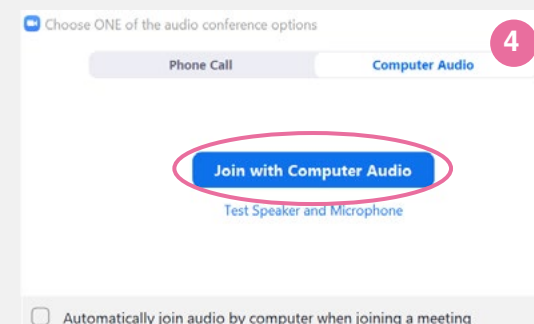


Note: For first time users, you may be prompted to download Zoom (refer to the instructions in Option 2).

3. Type in the Passcode (e.g. **1568295297** for the 10.00 am Assistance Session) and click **Join Meeting**.



4. If the meeting does not automatically start, click on **Join with Computer Audio**.



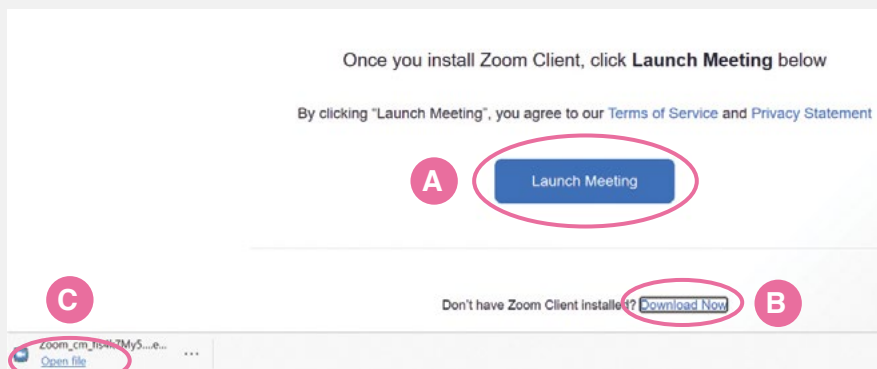
OPTION 2:

Click on a Zoom Meeting link

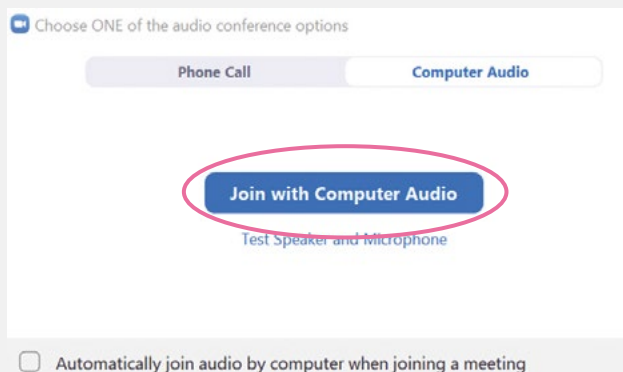
(If Zoom Meeting link is emailed to you for your event)

1. Once the link opens, click **Launch Meeting (A)**.

If you don't already have access to Zoom, first you'll need to download Zoom by clicking **Download Now (B)**, followed by **Open File (C)** and then if prompted, you will need to accept the permissions.



2. If the meeting does not automatically start, click on **Join with Computer Audio**.



Introduction to Tablets

Are you over 50, have a tablet and don't know how to use it? Or know that there is more to it than what you know? Or don't have a tablet but want to get one?

Casey Cardinia Libraries will be running a four week 'Using your tablet' course. You can bring your own tablet or borrow one of ours and you can even take it home in between sessions, so you can practice! All for Free!

The courses will run in small group sessions, with our skilled library trainers. There will be opportunities for one-on-one attention and supporting material available online so you can practice at home or work ahead at your own pace.

Hosted by: Casey-Cardinia Libraries

 To express interest please visit **cclc.vic.gov.au/introduction-to-tablets** or phone 1800 577 548

\$ FREE



COMMUNITY CARE DIGITAL SERVICES



Would you like to learn how to use the internet for everyday tasks such as shopping for groceries online or keeping in touch with family?

Community Care has developed three programs to help keep you connected.

These include:

- Online supermarket shopping
- Video and phone social chat groups
- Get Connected Program

Shopping online

Provides individual support in your home for you to learn how to create a shopping account, create a shopping list and have your groceries delivered.

Video and phone social chat groups

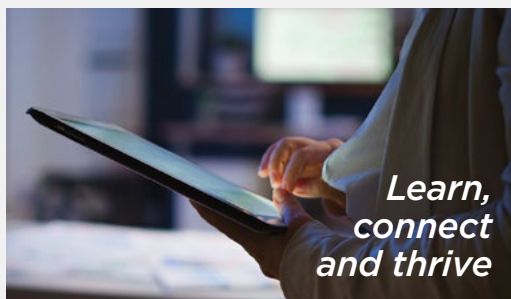
Remain connected with other people online or over the telephone through hosted conversations. This is a great way to develop friendships with people in your area from the comfort of your own home.

Get Connected Program

You can now borrow a tablet device, such as an Apple iPad or Samsung Tablet through Community Care for up to three months! We can help you learn how to use the tablet if needed so that you can connect online with friends and family, play games or search the internet.

Alternatively, if you have your own Tablet or device and want to learn how to use it, we can also support you to do this.

If you are interested in any of these programs, please call Community Care on 9705 5444 to discuss.



*Learn,
connect
and thrive*

DISCOVER FREE SERVICES

**In lockdown
our libraries may be
closed but FREE Click
and Collect & Home
Delivery is available.**

- Collect holds
- Click & Collect any items
- Click & Collect Librarians Choice Bags
- Click & Collect Printing
- Home Delivery

**All libraries (including the Cardinia Mobile Library)
are open weekdays and some
are open Saturdays.**

ccl.vic.gov.au or call 1800 577 548

Casey Cardinia Libraries

Libraries
Change Lives



Explore hundreds of classes, activities and groups in your local area.



Some of our classes are:

- Learn English
- Reading, writing & maths
- Business & entrepreneurship
- Accredited training in your desired profession
- Computer skills
- And more

Discover more at:
caseyconnectlearn.com.au

THROUGHOUT OCTOBER

Art Brings Us Together

Tuesday 28 September – Sunday 31 October


The Bunjil Place Library Art Space will display South Eastern Contemporary Art Network (SECAN) member's artwork across various mediums – painting, drawing, textiles, printmaking, ceramics, scratchboard, mixed media, digital, recycling and sculpture.

SECAN members' ages range from 30's to 80's, so our generational sharing and mentorship is very much part of our art community.

SECAN welcomes everyone either as visitors or participants to our small gallery and studio located at Gate 6, Akoonah Park, Berwick. Gallery/studio is open during weekends for exhibitions, workshops and/or gatherings.

Hosted by: South Eastern Contemporary Art Network Inc (SECAN) and City of Casey – Bunjil Place Arts and Cultural Development Team

 **Library hours**

 **Bunjil Place Library**
2 Patrick Northeast Drive
Narre Warren

 No bookings required

 **FREE**



LAUNCH EVENT

Truth to Power Café film – Launch Event

Friday 1 October

Earlier this year, members of our Bunjil Place community were asked the question “Who has power over you and what do you want to say to them?” City of Casey participants spoke passionately from the truth of their lived experience, and in response to the people and places that have made them who they are today. Their stories now form part of a moving digital theatre event told through memoir, poetry, image, music and film.

Truth to Power Café is an internationally acclaimed performance and digital theatre event inspired by the political and philosophical beliefs of Nobel Prize winning playwright Harold Pinter and his Hackney Gang.

Join us on Friday 1 October for a special online premiere screening of the Bunjil Place edition of *Truth to Power Café* and to launch this year's City of Casey Ageing Positively Festival.

Hosted by: City of Casey – Bunjil Place Arts and Cultural Development Team

🕒 **6.30 pm – 8.00 pm**

📍 Online

📞 For bookings call the Box office: 9709 9700
Online booking: bunjilplace.com.au/truth-to-power-cafe

💰 **FREE**

THROUGHOUT OCTOBER



Truth to Power Café film

Saturday 2 October
– Sunday 31 October

The *Truth to Power Café* recording will be available to watch online for free from 2 October. Access the recording from:
bunjilplace.com.au/truth-to-power-cafe

💰 **FREE**

CREDITS:

Created, written and performed by Jeremy Goldstein with Henry Woolf

Digital theatre adaptation and directed by Jen Heyes

Bunjil Place devised and directed by Jeremy Goldstein in collaboration with Jen Heyes

Community participants:
Seetha L.H.V. Sudasinghe
Arachchige, Barbara
Bednavski, Lynette Boxell,
Sountharam C, Charomi,
Moxie Delight, Chandra
Dissanayake, Ramya
Gamete, Nic Holas, Larra
Jaub, Jonathan, Bev
Jennings, Juan Carlos
Loyola OAM, Melinda
McGrath, Melika Peeris,
Misaka Peeris, Thamika
Peeris, Jobi Petty, Maroulla
Radisavic, Rustam, Sansom,
Ajantha Weerakkody
and Jagdeep Singh
and the community of
Compassionate Hands.

Truth to Power Café is a London Artists Projects production presented as part of British Council UK/ Australia Season 2021-2022 and Melbourne Fringe Arts Festival.

THROUGHOUT OCTOBER

Victorian Seniors Festival

Friday 1 October – Sunday 31 October

Join the Victorian Seniors Festival, Keepin' On, with online and radio programming offered through the month of October. With new performances added every month we have curated some very special programs for you to enjoy.

Featuring programs from a range of cultures in our diverse society, bringing cultural leaders and emerging artists together in conversation, and meeting artists and cultural practitioners in their studios and workplace – the 2021 Festival Reimagined will surprise and delight you.

What can you expect? Think of the classic old English rhyme: Something old, something new, something borrowed and something blue. We have been inspired to produce creative programming that expresses continuity, optimism for the future and learnings from generation to generation.

 For more details visit:
www.seniorsonline.vic.gov.au

Victorian Seniors Festival Reimagined 2021



THROUGHOUT OCTOBER

Variety of Health and Wellness Activities

Various dates (prices may range from FREE – nominal fees)


Hosted by: YMCA One Casey sites




A range of activities specifically designed for older adults are on offer to celebrate the Ageing Positively Festival 2021, including Aquatics class in the warm water pool, Zumba and other dry based classes across the venues and possibly fun events such as a walking group to meet at Cranbourne Gardens and Seniors First Aid depending on restrictions.


Due to the ever evolving Covid-19 environment these classes may be offered at ONE Casey Centres or online through Zoom if the Centres are unable to operate due to Government requirements.

Keep an eye on our websites and Facebook pages for further details including dates and activity announcements.

 **Casey Arc**
10 Patrick Northeast Drive
Narre Warren
9705 5000

 **Berwick Leisure Centre**
79 Manuka Road, Berwick
9707 3371

 **Casey Stadium**
04 Terry Vickerman Centre
65 Berwick-Cranbourne Road
Cranbourne
5996 6052

 **Endeavour Hills Leisure Centre**
10 Raymond McMahon Blvd
Endeavour Hills
9213 1400

 **Casey Race**
65 Berwick-Cranbourne Road
Cranbourne East
5990 8600

THROUGHOUT OCTOBER



Myuna Farm Ageing Positively Festival Deal

Monday – Friday during October 2021


(Not available on weekends)

Discounted entry for senior card holders, Monday to Friday, that includes a regular size hot drink from the farm Café, (tea, coffee or hot chocolate).

 **10.00 am – 4.00 pm**

 **Myuna Farm**
182 Kiddy Road, Doveton

 9706 9944

 \$6.00

Intergenerational Storytelling Competition

**Friday 1 October
– Sunday 31 October**

Inviting all Casey seniors and children to take part on an intergenerational storytelling competition.

Seniors we want to hear a funny tale about a significant young person in your life OR children tell us a funny tale about a special older person you know. Winners from each of the following categories will win a prize:

- Most original
- Funniest
- A story about a household pet

Winners will be announced Wednesday 3 November.

Hosted by: Hampton Park Community House

Email your submission:
projects@hamptonparkch.vic.edu.au or post to **facebook.com/groups/925287768056307**

 **FREE**

THROUGHOUT OCTOBER

Spring Hope in Doveton – Art Competition

Monday 4 October – Friday 22 October


Spring is a time of hope. Doveton Neighbourhood Learning Centre (DNLC) and Autumn Place Community Hub invite you to submit an entry to celebrate the Ageing Positively Festival 2021.


This is an opportunity to use your creative and artistic talents to showcase your work be it photography, water colours, pencil or graphic media. Pieces up to A3 size can be submitted for this competition, please ensure your contact details are secured to the back of the submission, so it can be returned.

You can drop off the art work to Doveton Neighbourhood Learning Centre. Should there be a lockdown you can either scan the image and email OR post it to us.

Prizes awarded for 1st, 2nd and 3rd place.
Winner announced Friday 29 October 2021.

Hosted by: Doveton Neighbourhood Learning Centre and Autumn Place Community Hub

 Artwork to be posted to:
Doveton Neighbourhood Learning Centre
34 Oak Avenue, Doveton VIC 3177
or email to info@dovetonnlc.com.au
or AutumnPlaceCH@casey.vic.gov.au

 Geraldine – 9791 1449
Pooja – 9705 5200

 **FREE**

THROUGHOUT OCTOBER



Road to Recovery

Monday 4 October – Monday 15 November

Senior citizens of Casey, we want to hear your messages of hope, moments of joys or simply how you survived the Covid-19 Pandemic.

Submissions can be in any format, such as a song, comic strip, poem, haiku or short story – illustrations are welcome too! Whatever it takes to share your insights, thoughts and experiences.

These written works will be collated into a printed booklet and presented at the 2022 Ageing Positively Festival. Please make sure you include your full name, address and contact details.

Hosted by: Casey Arts and Cultural Development Team and Inclusion and Wellbeing Team

📍 Send in your submission by email: arts@casey.vic.gov.au
Or by post:
Attention – Meg Larkin
Casey Arts Team, City of Casey
PO Box 1000, Narre Warren VIC 3805

\$ FREE

THROUGHOUT OCTOBER

Cooking with a Casey Resident

**Friday 1 October
– Sunday 31 October**

Learn a new recipe from a Casey resident!
Pre-recorded session available to view at your leisure.

Hosted by: Community Care Social Support Team – City of Casey

📍 Online:
vimeo.com/599910453

📞 For enquiries call
9792 7380

\$ FREE



Falls Prevention and Coordination Exercises

**Friday 1 October
– Sunday 31 October**

Join us for a chair based exercise program that is designed to help you maintain your health, mobility, strength, and balance in a safe and supported environment.
Pre-recorded session available to view at your leisure.

Hosted by: Community Care Social Support Team – City of Casey

📍 Online:
vimeo.com/599921377

📞 For enquiries call
9792 7380

\$ FREE

THROUGHOUT OCTOBER



Gold Zumba

**Friday 1 October –
Sunday 31 October**

Join us for a fun, low impact Zumba session to keep yourself healthy and active. Pre-recorded session to view at your leisure.

Hosted by: Community Care Social Support Team – City of Casey

📍 Online:
vimeo.com/599919804

📞 For enquiries call
9792 7380

\$ FREE

Fluid Art

**Friday 1 October –
Sunday 31 October**

Learn to make interesting and visually abstract motifs using acrylic paints. Pre-recorded session to view at your leisure.

Hosted by: Community Care Social Support Team – City of Casey

📍 Online:
vimeo.com/599920759

📞 For enquiries call
9792 7380

\$ FREE

THROUGHOUT OCTOBER

Guided Meditation

**Friday 1 October –
Sunday 31 October**

Learn techniques of mindfulness to achieve a mentally clear, emotionally calm, and stable state. Pre-recorded session to view at your leisure.

Hosted by: Community Care Social Support Team – City of Casey

📍 Online:
vimeo.com/599911879

📞 For enquiries call
9792 7380

\$ FREE

Balance and Strength Exercise

**Friday 1 October – Sunday
31 October**

Chair based exercise program targeting coordination which aims to help in the prevention of falls. Pre-recorded session to view at your leisure.

Hosted by: Community Care Social Support Team – City of Casey

📍 Online:
vimeo.com/599907273

📞 For enquiries call
9792 7380

\$ FREE



THROUGHOUT OCTOBER

SUNDAY 3 OCTOBER



Exercise Gentle Stretching

Friday 1 October – Sunday 31 October

This chair-based exercise program will include stretches for upper and lower body to loosen the muscles and improve flexibility. Pre-recorded session to view at your leisure.

Hosted by: Community Care Social Support Team – City of Casey

📍 Online: vimeo.com/599917157

📞 For enquiries call 9792 7380

💰 **FREE**



Connect With Youth

Sunday 3 October

Inviting children/youth (with parents/guardians) and seniors to join our exciting, invigorating, and fun activities that brings together different generations. It is an opportunity to connect online with each generation, broaden life experience and draw upon wisdom, courage, and inspiration.

Hosted by: Sri Lanka Community Services Association

🕒 **11.00 am – 3.00 pm**

📍 Online

📞 For bookings call Chandra Dissanayake 0403 718 594 or Ajantha Weerakkody 0401 697 427

Please RSVP by 29 September

💰 **FREE**



MONDAY 4 OCTOBER

Tai Chi by Zoom

Monday 4 October

Have you ever been out somewhere in the early morning and spotted people making beautiful slow gentle moves together in the morning air? Tai Chi by Zoom is on offer to any seniors wanting to give it a try. My purpose is to encourage anyone to experience the health and mental wellbeing benefits that Tai Chi can bring. Being with others doing this is an added benefit.


Whether you are a Beginner or have had some experience in the past, these classes will suit you all. I am a senior myself and very happy to pass on my knowledge and have fun together.

This class has been adapted to Zoom.

Hosted by: Casey U3A. Tutor: Helen McGrath.

 **10.00 am – 11.30 am**

 Online

 For bookings call 0466 438 644
Please RSVP by Friday 1 October

 **FREE**



MONDAY 4 OCTOBER



Active People, Healthy Minds – Gardening Forum

Monday 4 October


Discover the magic of Spring in the garden at our Garden Forum.

We'll give you some great ideas for projects in your garden, invite discussion, offer solutions to your problems, and even show you the lovely facilities and activities offered for free at The Hive.

Hosted by: Southern Migrant and Refugee Centre

 **10.00 am – 12.00 pm**

 Online

 For bookings call Merina Perera on 9767 1933 or 0412 293 537
Please RSVP by Friday 1 October

 **FREE**



MONDAY 4 OCTOBER

Exercise at Home

Monday 4 October

Online exercise activity for seniors via Zoom. Book ahead if you need support connecting to the event and using Zoom.

Hosted by: Australian Filipino Community Services

🕒 **10.30 am – 12.00 pm**

📍 Online

📞 For bookings call 9701 3421
Please RSVP by Friday 1 October

💰 **FREE**

Ukulele by Zoom

Monday 4 October

If you've never played a ukulele before but are interested to learn the basics, then this is the class for you! Learn by playing songs and having FUN in a friendly supportive atmosphere. You will need your own ukulele. Feel free to ask for advice. Anyone with some previous experience is also welcome to come along.

Hosted by: Casey U3A.
Tutor: Danny Hume.

🕒 **11.30 am – 12.30 pm**

📍 Online

📞 For bookings call 0466 438 644
Please RSVP by Friday 1 October

💰 **FREE**

MONDAY 4 OCTOBER



Zumba Gold by Zoom

Monday 4 October

Dance along to Latin inspired rhythms while getting fit and having FUN! This low impact class is led by a qualified Zumba instructor and is tailored for seniors. It relieves stress, improves heart health and helps increase balance and co-ordination.

Hosted by: Casey U3A. Tutor: Kerry Auch-Schwelk.

🕒 **1.00 pm – 2.00 pm**

📍 Online

📞 For bookings call 0466 438 644
Please RSVP by Friday 1 October

💰 **FREE**

TUESDAY 5 OCTOBER

Active People, Healthy Minds – Exercise with fitness instructor

Tuesday 5 October

Come join a low impact exercise session that will focus on core, upper and lower muscles, followed by stretches.

The session is led by a qualified instructor who can modify exercises to cater for a wide range of abilities.

Hosted by: Southern Migrant and Refugee Centre

🕒 **10.00 am – 12.00 pm**

📍 Online

📞 For bookings call Merina Perera
on 9767 1933 or 0412 293 537
Please RSVP by Friday 1 October

💰 **FREE**



TUESDAY 5 OCTOBER

Gentle Meditative Movement and Guided Meditation by Zoom

Tuesday 5 October

It has been said that when times are challenging – RELAX. This is good advice, but it is not easy. It takes constant practice to find the calm in the storm and create a safe harbour within ourselves.

In this session, we will encourage the release of stress from our bodies, calm our minds and nourish our souls. We will do this together using breath, movement, stillness, introspection and creative imagination.

The session will finish with a guided intuitive meditation, inspired at the time.

Hosted by: Casey U3A. Tutor: Maxine Gardner.

🕒 **10.30 am – 11.30 am**

📍 Online

📞 For bookings call 0466 438 644
Please RSVP by Monday 4 October

💰 **FREE**



WEDNESDAY 6 OCTOBER



Introduction to Internet Safety

Wednesday 6 October

We will cover safe passwords, an overview of paying safely online and avoiding scams and tricks.

Hosted by: Casey Cardinia Libraries

🕒 **1.00 pm – 2.00 pm**

📍 Online

📄 For bookings call 1800 577 548 or online: events.ccl.vic.gov.au/event?id=4114

\$ FREE

Active People, Healthy Minds – Social Interaction plus Tai Chi Session

Wednesday 6 October

Around the world in 60 minutes. Wear it! Eat it! Play it! A virtual adventure to fascinating places.

Hosted by: Southern Migrant and Refugee Centre

🕒 **10.00 am – 12.00 pm**

📍 Online

📄 For bookings call Merina Perera on 9767 1933 or 0412 293 537
Please RSVP by Friday 1 October

\$ FREE

WEDNESDAY 6 OCTOBER

Online Bingo

Wednesday 6 October

City of Casey invites you to join the Aboriginal Gathering Place Team for Online Bingo. This event provides opportunities to:

- Socialise with others in your community
- Win some amazing prizes
- Enjoy bingo from the comfort of your own home

Hosted by: Casey Aboriginal Gathering Place Team

🕒 **10.00 am – 12.00 pm**

📍 Online

📄 trybooking.com/BTYDO or phone 9709 9769
Please RSVP by Tuesday 5 October

\$ FREE



WEDNESDAY 6 OCTOBER



Ted Talks by Zoom

Wednesday 6 October


Ted Talks are videos that present a powerful message in under 18 minutes. Topics range from medical breakthroughs, to climate change, to identifying what makes a good life, etc.

After watching the presentation we will discuss the issues raised. Come along to help spread the ideas and to share your thoughts.

Hosted by: Casey U3A. Tutor: Chris Trimnell.

 **1.00 pm – 2.00 pm**

 Online

 For bookings call 0466 438 644
Please RSVP by Tuesday 5 October

\$ FREE

THURSDAY 7 OCTOBER

Active People, Healthy Minds – Support for Carers Forum

Thursday 7 October

Do you need a break from your caring role?


Do you need some time to yourself, to do something a bit different from your usual caring role? We can help!

Join the discussion on peer support groups and benefits, education/information session, social support, in home respite, counselling support and life coaching sessions.

Hosted by: Southern Migrant and Refugee Centre

 **10.00 am – 12.00 pm**

 Online

 For bookings call Merina Perera
on 9767 1933 or 0412 293 537
Please RSVP by Friday 1 October

\$ FREE



THURSDAY 7 OCTOBER

Gentle Meditative Movement and Guided Meditation by Zoom

Thursday 7 October

It has been said that when times are challenging – RELAX.

This is good advice, but it is not easy. It takes constant practice to find the calm in the storm and create a safe harbour within ourselves.

In this session, we will encourage the release of stress from our bodies, calm our minds and nourish our souls. We will do this together using breath, movement, stillness, introspection and creative imagination.

The session will finish with a guided intuitive meditation, inspired at the time.

Hosted by: Casey U3A. Tutor: Maxine Gardner.

🕒 **10.30 am – 11.30 am**

📍 Online

📞 For bookings call 0466 438 644
Please RSVP by Wednesday 6 October

💰 **FREE**



FRIDAY 8 OCTOBER

Active People, Healthy Minds – Expressive Arts Session

Friday 8 October

Practise staying in the moment, engaging in self-reflection and self-understanding through art making.

Working with paper, creating individual designs and arrangements with paper leaves.

Requirements: Bring paper, HB pencil, colour markers, scissors, masking tape, A4 canvas board or cardboard.

Hosted by: Southern Migrant and Refugee Centre

🕒 **10.00 am – 12.00 pm**

📍 Online

📞 For bookings call Merina Perera
on 9767 1933 or 0412 293 537
Please RSVP by Friday 1 October

💰 **FREE**



SAVING MONEY ON YOUR ENERGY BILLS



The energy market landscape has changed so much in the past few years, New retailers and suppliers, different tariffs and thousands of different plans available to households in Victoria.

When you sign onto a new energy plan, you're entering a contract. A contract doesn't mean you're locked in – it just means an agreement between you and the retailer about how energy will be supplied to you and how you pay for it.

Understanding how to read your bill and being able to analyse it can help you to save hundreds of dollars per year and ensure you are receiving the best rate possible.

The Department of Environment, Land, Water and Planning (DELWP) has a website called Victorian Energy Compare where consumers can research their energy bills and check that they are receiving the best deal. This is the only place you will be able to find information updated on a daily on every deal available to you.

As a special incentive to check your bill, the Victorian government have introduced the \$250 Power Saving Bonus program for eligible concession holders. By simply going onto the Energy Compare website and undertaking a simple bill comparison exercise, participants will receive a \$250 payment.

COTA Victoria is offering free assistance for people who wish to compare their bills and can't access the website. Call our Information Line on 1300 135 090 and leave your details. A team member will call you back and arrange a time to complete the exercise over the phone.

Lastly, Victoria has a Utility Relief Grant Program available for vulnerable and low income people to assist with your energy bills. COTA Victoria can provide information about how to apply for a grant.



FRIDAY 8 OCTOBER

Cut Costs and Control Energy Bills

Friday 8 October

This free online event is run by Council of the Ageing (COTA) and the not-for-profit Energy Info Hub, and supported by the Victorian Government.

In 30 minutes, experts will reveal ways to cut your energy bills and keep them low.


- Get \$250 to help stay on top of your bills.
- Pay less for energy with one simple step.
- Energy = money. Learn how to stop your home from wasting energy.

At the end, we'll be available to answer any questions you may have about your energy bills.

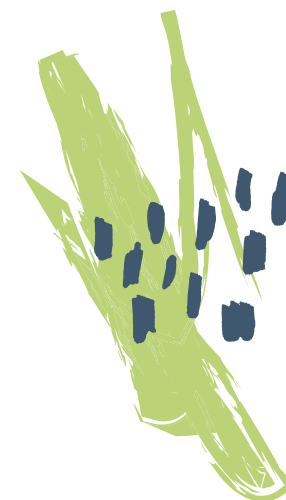
Hosted by: COTA and Energy Info Hub

 **2.00 pm – 2.30 pm**

 Online

 To register contact COTA Victoria on 1300 135 090 and leave a message.
Please RSVP by Thursday 7 October

 **FREE**



MONDAY 11 OCTOBER

Tai Chi by Zoom

Monday 11 October

Have you ever been out somewhere in the early morning and spotted people making beautiful slow gentle moves together in the morning air? Tai Chi by Zoom is on offer to any seniors wanting to give it a try. My purpose is to encourage anyone to experience the health and mental wellbeing benefits that Tai Chi can bring. Being with others doing this is an added benefit.

Whether you are a Beginner or have had some experience in the past, these classes will suit you all. I am a senior myself and very happy to pass on my knowledge and have fun together.

This class has been adapted to Zoom.

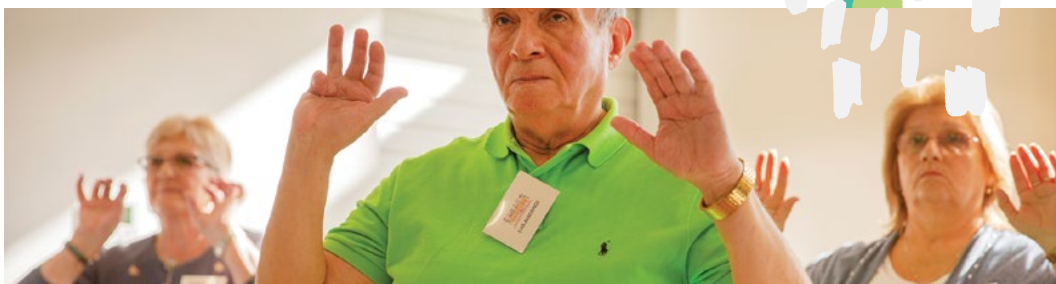
Hosted by: Casey U3A. Tutor: Helen McGrath.

🕒 **9.30 am – 10.30 am**

📍 Online

📞 For bookings call 0466 438 644
Please RSVP by Friday 8 October

💰 **FREE**



MONDAY 11 OCTOBER

Chat and Yarn – Let your voices be heard!

Monday 11 October

After a year of uncertainty now is the time to get together and enjoy. Join us at the Berwick Neighbourhood Centre's Timbarra location to discover what is happening at our centre. Discuss what activities you would like to see happen in the future, find out what is happening in the local area and where you can find out more.

Come with an open mind for a morning of fun, good company and a chance to see what the future may hold. Realise the wealth of experiences you have and how this can be shared with others. Please bring along a favourite recipe, book, piece of music or item that sums you up. Due to current circumstances it will be online.

Hosted by: Berwick Neighbourhood Centre

🕒 **10.00 am – 11.30 am**

📍 Online

📞 For more details or bookings call Berwick Neighbourhood Centre on 9796 1970 or email bnc11@westnet.com.au
Please RSVP by Wednesday 6 October

💰 **FREE**



MONDAY 11 OCTOBER

Ukulele by Zoom

Monday 11 October

If you've never played a ukulele before but are interested to learn the basics, then this is the class for you! Learn by playing songs and having FUN in a friendly supportive atmosphere. You will need your own ukulele. Feel free to ask for advice. Anyone with some previous experience is also welcome to come along.

Hosted by: Casey U3A.
Tutor: Danny Hume.

🕒 **11.30 am – 12.30 pm**

📍 Online

📞 For bookings call
0466 438 644
*Please RSVP by Friday
8 October*

💰 **FREE**

Zumba Gold by Zoom

Monday 11 October

Dance along to Latin inspired rhythms while getting fit and having FUN! This low impact class is led by a qualified Zumba instructor and is tailored for seniors. It relieves stress, improves heart health and helps increase balance and co-ordination.

Hosted by: Casey U3A.
Tutor: Kerry Auch-Schwelk.

🕒 **1.00 pm – 2.00 pm**

📍 Online

📞 For bookings call
0466 438 644
*Please RSVP by Friday
8 October*

💰 **FREE**

MONDAY 11 OCTOBER



Zumba Gold

Monday 11 October

City of Casey and Selandra Community Hub brings you free online Zumba during Ageing Positively Month. Zumba Gold is a modified version of Zumba, designed for seniors, beginners and others wanting to keep active at a lower intensity.

Zumba combines dance and fitness moves. Music selections include both fast and slow rhythms to help tone and sculpt the body.

Hosted by: Selandra Community Hub

🕒 **4.00 pm – 4.45 pm**

📍 Online

📞 For bookings call 9709 9615 or book online
trybooking.com/BTUSL
Please RSVP by 12.00 pm, Monday 11 October

💰 **FREE**

Gentle Meditative Movement and Guided Meditation by Zoom

Tuesday 12 October

It has been said that when times are challenging – RELAX.

This is good advice, but it is not easy. It takes constant practice to find the calm in the storm and create a safe harbour within ourselves.

In this session, we will encourage the release of stress from our bodies, calm our minds and nourish our souls. We will do this together using breath, movement, stillness, introspection and creative imagination.

The session will finish with a guided intuitive meditation, inspired at the time.

Hosted by: Casey U3A.
Tutor: Maxine Gardner.

 **10.30 am – 11.30 am**

 Online

 For bookings call
0466 438 644
*Please RSVP by
Monday 11 October*

 **FREE**



SeniorsROAR Super Over 60's

Tuesday 12 October

SeniorsROAR is a Personal Safety Program with protective behaviours themes for older people. The program aims to empower seniors with the tools and strategies necessary to help reduce their vulnerability to all forms of abuse, with the goal of keeping seniors safe.

After taking part in a SeniorsROAR program participants will know how to 'ROAR':

R – Recognise – 'We all have the right to feel safe at all times' and live free from abuse.

O – Own – their body and the decisions relating to it.


A – Assert – themselves with confidence to speak up when feeling unsafe or worried.


R – Report – concerns to a trusted person in their safety network.



Hosted by: SeniorsROAR and City of Casey – Community Care Social Support Team

 **10.30 am – 12.00 pm**

 Online: Join Zoom Meeting
Meeting ID: 820 6970 9111
Passcode: 486935

 For bookings call 9792 7380
Please RSVP by Monday 11 October

 **FREE**

WEDNESDAY 13 OCTOBER



Trivia Through the Decades


Wednesday 13 October

An online trivia morning – three rounds of questions focussed on the 1950's, 1960's and 1970's. Includes prizes for winner and runner-up.

Hosted by: Lynbrook Community Centre

 **10.00 am – 11.00 am**

 Online

 Lynbrook Community Centre: 9792 7370 or email lynbrookccc@casey.vic.gov.au
Please RSVP by Tuesday 12 October

\$ FREE

Ted Talks by Zoom

Wednesday 13 October


Ted Talks are videos that present a powerful message in under 18 minutes. Topics range from medical breakthroughs, to climate change, to identifying what makes a good life, etc.

After watching the presentation we will discuss the issues raised. Come along to help spread the ideas and to share your thoughts.

Hosted by: Casey U3A.
Tutor: Chris Trimnell.

 **1.00 pm – 2.00 pm**

 Online

 For bookings call 0466 438 644
Please RSVP by Tuesday 12 October

\$ FREE

THURSDAY 14 OCTOBER



Write Your Own Story Workshop

Thursday 14 October

Come along with paper and pen and begin to write the story of your life, reflect on the lessons learned and the key moments that have shaped who you are. This is an online event on Zoom.

Hosted by: Casey Cardinia Libraries

 **10.00 am – 12.00 pm**

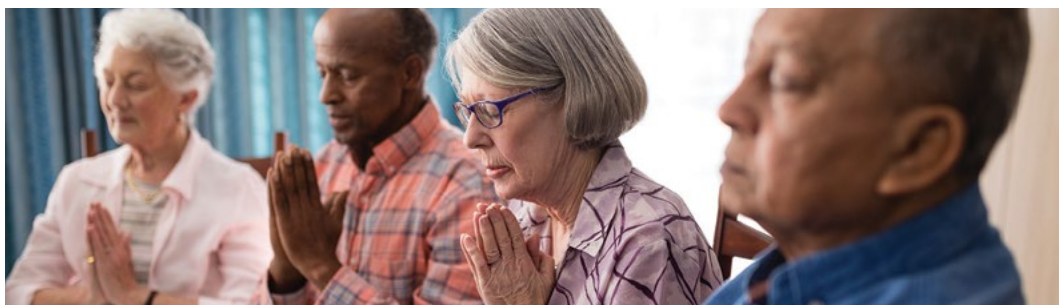
 Online

 For bookings call 1800 577 548 or online:
events.ccl.vic.gov.au/event?id=4099

\$ FREE



THURSDAY 14 OCTOBER



Gentle Meditative Movement and Guided Meditation by Zoom

Thursday 14 October

It has been said that when times are challenging – RELAX. This is good advice, but it is not easy. It takes constant practice to find the calm in the storm and create a safe harbour within ourselves.

In this session, we will encourage the release of stress from our bodies, calm our minds and nourish our souls. We will do this together using breath, movement, stillness, introspection and creative imagination.

The session will finish with a guided intuitive meditation, inspired at the time.

Hosted by: Casey U3A. Tutor: Maxine Gardner.

🕒 **10.30 am – 11.30 am**

📍 Online

📞 For bookings call 0466 438 644
Please RSVP by Wednesday 13 October

💰 **FREE**

THURSDAY 14 OCTOBER

Employment and Careers Advice

Thursday 14 October

Can't afford to retire, or want to work part-time? Steve Roberts from Mas National is a qualified Career Counsellor who is able to provide free one on one tailored career advice consultations to any members of our community. Normally conducted face to face at the Selandra Community Hub, Steve's sessions have now moved online and are conducted via Zoom.

Whether you are in the early stages of planning your career, looking to upskill but don't know what to do, wanting a career change at any point in your working journey, or looking for something to fulfil you during the last stages of your working life before you put up your feet for a well-earned rest, Steve will be able to provide you with some career advice that is individualised and tailored to your needs.

Hosted by: Selandra Community Hub and Mas National

🕒 **By appointment**

📍 Online

📞 To book an appointment please contact Steve on
0498 011 003 or email steven.roberts@masnational.com.au

💰 **FREE**

THURSDAY 14 OCTOBER



Seniors Week Cultural Concert

Thursday 14 October

An online cultural concert featuring ethnic songs and dances from the Xinjiang Provincial ethnic minority groups.

Hosted by: Chinese Xinjiang Senior Citizens Association

 **To be advised**

 Online

 For bookings call Chap Chow on 0430 040 322 or email chap.chow@hotmail.com
Please RSVP by Sunday 10 October

 **FREE**


Trivia

Thursday 14 October

Join us for an interactive session of general knowledge trivia. There are exciting prizes to be won!

Hosted by: Community Care Social Support Team – City of Casey

 **1.30 pm**

 Online:
Zoom Meeting ID: 989 0101 3111
Passcode: 205854

 For bookings call 9792 7380
Please RSVP by Wednesday 13 October

 **FREE**

FRIDAY 15 OCTOBER


Equip4life


Friday 15 October

This 1-hour interactive Healthy Ageing and Wellness seminar for seniors, covers topics such as healthy ageing, improving balance to reduce falls, reducing cholesterol and blood pressure naturally, improving sleep and reducing stress.

Hosted by: City of Casey – Community Care Social Support Team

 **10.30 am – 11.30 am**

 Online: Join Zoom Meeting
us06web.zoom.us/j/86578900189
Meeting ID: 865 7890 0189

 For bookings call 9792 7380
Please RSVP by Thursday 14 October

 **FREE**



FRIDAY 15 OCTOBER



Sharing Stories Through Favourite Recipes With Wellsprings For Women

Friday 15 October


Join with women from multicultural backgrounds in sharing your favourite recipe and the story of what the dish means to you – perhaps how you learnt to cook it, where the recipe comes, memories of who you have shared it with, whether it is part of a special event or something to fill tummies and souls anytime of the year.

Recipes and photos will be published on the Wellsprings For Women website. When you book, please indicate if you have a recipe and story to share or if you would prefer to listen and learn.

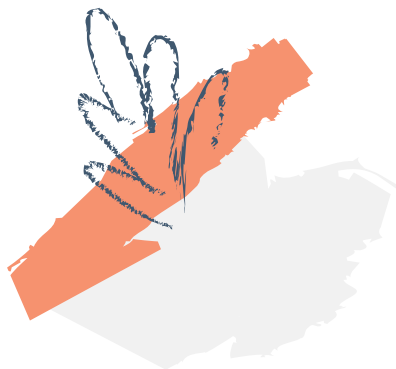
Hosted by: Wellsprings for Women

 **1.00 pm – 3.00 pm**

 Online

 For bookings call 9701 3740
Please RSVP by Friday 8 October

 **FREE**



FRIDAY 15 OCTOBER



Scrap Booking for Your Memories for Seniors

Friday 15 October

Join Elysia for an introduction to scrapbooking for seniors and discover the joy of telling your story through memories. This is an online event on Zoom.

Hosted by: Casey Cardinia Libraries

 **1.00 pm – 2.00 pm**

 Online

 For bookings call 1800 577 548 or book online
events.ccl.vic.gov.au/event?id=4100

 **FREE**



SUNDAY 17 OCTOBER



Celebrate Senior Week


Sunday 17 October

An online cultural concert featuring our choir and performers presenting traditional Chinese songs and dances.

Hosted by: Casey Friendship Association

 **To be advised**

 Online

 For bookings call 0430 040 322
or 0431 690 798 or email
chap.chow@hotmail.com
Please RSVP by Thursday 13 October

 **FREE**



MONDAY 18 OCTOBER

Tai Chi by Zoom

Monday 18 October


Have you ever been out somewhere in the early morning and spotted people making beautiful slow gentle moves together in the morning air? Tai Chi by Zoom is on offer to any seniors wanting to give it a try. My purpose is to encourage anyone to experience the health and mental wellbeing benefits that Tai Chi can bring. Being with others doing this is an added benefit.

Whether you are a Beginner or have had some experience in the past, these classes will suit you all. I am a senior myself and very happy to pass on my knowledge and have fun together. This class has been adapted to Zoom.

Hosted by: Casey U3A. Tutor: Helen McGrath.

 **9.30 am – 10.30 am**

 Online

 For bookings call 0466 438 644
Please RSVP by Friday 15 October

 **FREE**



MONDAY 18 OCTOBER

Brainwaves

Monday 18 October

Concerned about your memory, would you like to know more about memory improvement?

BRAINWAVES explains how memory works and the changes that can occur as we age, health, attitude and lifestyle all effect our memory.

During this online workshop we offer practical tips to assist you to improve it through a fun, interactive discussion.

Hosted by: Balla Balla Community Centre and Council on the Ageing (COTA)

🕒 **10.00 am – 12.30 pm**

📍 Online

📄 For bookings call Balla Balla Community Centre on 5990 0900 between 9.00 am – 3.00 pm
Please RSVP by Friday 8 October

💰 **FREE**



MONDAY 18 OCTOBER



Ukulele by Zoom

Monday 18 October

If you've never played a ukulele before but are interested to learn the basics, then this is the class for you! Learn by playing songs and having FUN in a friendly supportive atmosphere. You will need your own ukulele. Feel free to ask for advice. Anyone with some previous experience is also welcome to come along.

Hosted by: Casey U3A. Tutor: Danny Hume.

🕒 **11.30 am – 12.30 pm**

📍 Online

📄 For bookings call 0466 438 644
Please RSVP by Friday 15 October

💰 **FREE**



MONDAY 18 OCTOBER

Teach the Skills of Crochet or Knitting

Monday 18 October

Come and share your knitting and/or crochet skills with others. Needles and wool to be supplied if required. This will be run via Zoom if still in lockdown

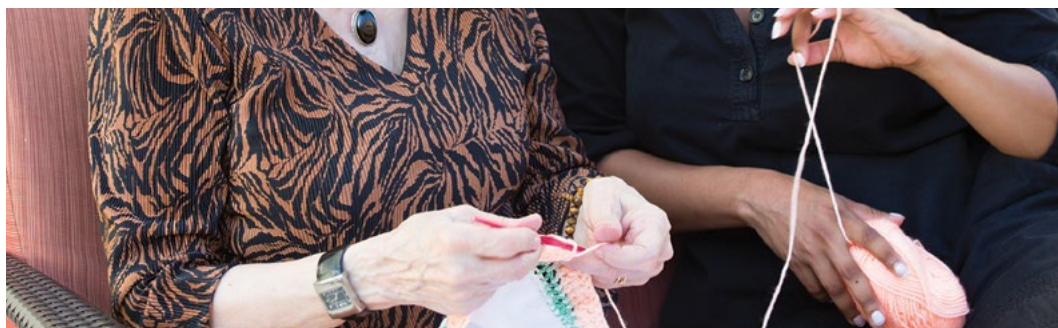
Hosted by: Merinda Park Learning and Community Centre

🕒 **12.30 pm – 2.30 pm**

📍 Online

📄 For bookings call 5996 9056
Please RSVP by Wednesday 13 October

💰 **FREE**



Zumba Gold by Zoom

Monday 18 October

Dance along to Latin inspired rhythms while getting fit and having FUN! This low impact class is led by a qualified Zumba instructor and is tailored for seniors. It relieves stress, improves heart health and helps increase balance and co-ordination.

Hosted by: Casey U3A.
Tutor: Kerry Auch-Schwelk.

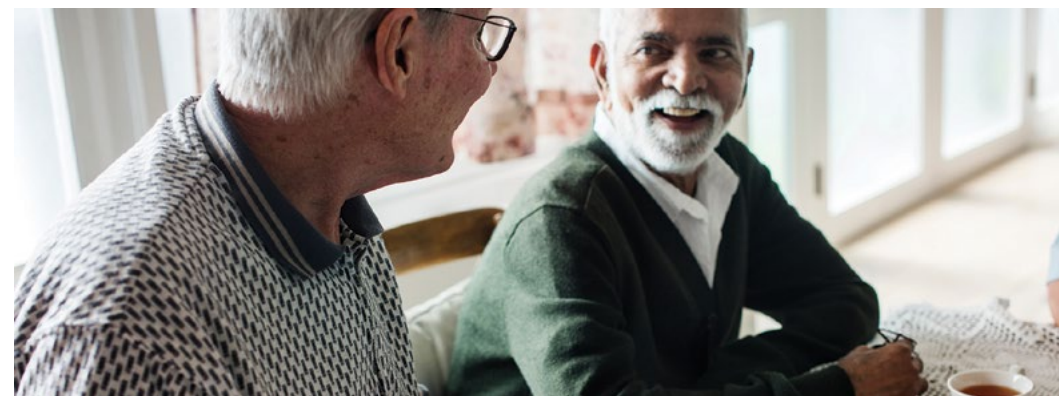
🕒 **1.00 pm – 2.00 pm**

📍 Online

📄 For bookings call 0466 438 644
Please RSVP by Friday 15 October

💰 **FREE**

MONDAY 18 OCTOBER



Brainwaves

Monday 18 October

Concerned about your memory, would you like to know more about memory improvement?

BRAINWAVES explains how memory works and the changes that can occur as we age, health, attitude and lifestyle all effect our memory.

During this workshop we offer practical tips to assist you to improve it through a fun, interactive discussion.

Hosted by: Casey-Cardinia Libraries and Council on the Ageing (COTA)

🕒 **2.00 pm – 3.30 pm**

📍 Online

📄 For bookings call 1800 577 548 or online events.ccl.vic.gov.au/event?id=4489

💰 **FREE**



TUESDAY 19 OCTOBER

Cut Costs and Control Energy Bills

Tuesday 19 October

This free online event is run by Council of the Ageing (COTA) and the not-for-profit Energy Info Hub, and supported by the Victorian Government.

In 30 minutes, experts will reveal ways to cut your energy bills and keep them low.


- Get \$250 to help stay on top of your bills.
- Pay less for energy with one simple step.
- Energy = money. Learn how to stop your home from wasting energy.

At the end, we'll be available to answer any questions you may have about your energy bills.

Hosted by: COTA and Energy Info Hub

 **10.00 am – 10.30 am**

 Online

 To register contact COTA Victoria on 1300 135 090 and leave a message.
Please RSVP by Monday 18 October

\$ FREE



TUESDAY 19 OCTOBER

Gentle Meditative Movement and Guided Meditation by Zoom

Tuesday 19 October

It has been said that when times are challenging – RELAX.

This is good advice, but it is not easy. It takes constant practice to find the calm in the storm and create a safe harbour within ourselves.


In this session, we will encourage the release of stress from our bodies, calm our minds and nourish our souls. We will do this together using breath, movement, stillness, introspection and creative imagination.

The session will finish with a guided intuitive meditation, inspired at the time.

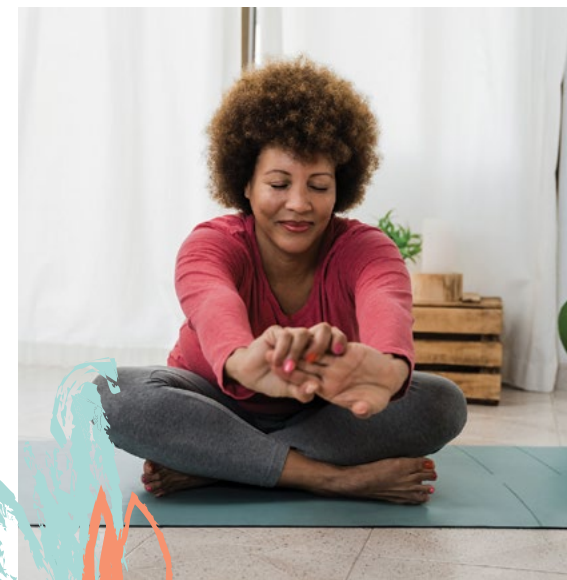
Hosted by: Casey U3A.
Tutor: Maxine Gardner.

 **10.30 am – 11.30 am**

 Online

 For bookings call 0466 438 644
Please RSVP by Monday 18 October

\$ FREE



WEDNESDAY 20 OCTOBER



Cooking for One


Wednesday 20 October

Making a meal that is nutritious, easily frozen and can be just for one or two people. This will run via Zoom if still in lockdown.

Hosted by: Merinda Park Learning and Community Centre

 **9.30 am – 11.30 am**

 Online

 For bookings call 5996 9056
Please RSVP by
Wednesday 13 October

\$ FREE

Zumba Gold

Wednesday 20 October

City of Casey and Selandra Community Hub brings you free online Zumba during Ageing Positively Month. Zumba Gold is a modified version of Zumba, designed for seniors, beginners and others wanting to keep active at a lower intensity.

Zumba combines dance and fitness moves. Music selections include both fast and slow rhythms to help tone and sculpt the body.

Hosted by: Selandra Community Hub

 **10.00 am – 10.45 am**

 Online

 For bookings call 9709 9615 or online
trybooking.com/BTUSL
Please RSVP by Tuesday
19 October

\$ FREE

WEDNESDAY 20 OCTOBER



Social Media for Seniors Online


Wednesday 20 October

We will cover Facebook, Instagram, Pinterest and Twitter. This is an online event on Zoom.

Hosted by: Casey Cardinia Libraries

 **1.00 pm – 2.00 pm**

 Online

 Bookings 1800 577 548
or online **events.ccl.vic.gov.au/event?id=4115**

\$ FREE

Ted Talks by Zoom

Wednesday 20 October

Ted Talks are videos that present a powerful message in under 18 minutes. Topics range from medical breakthroughs, to climate change, to identifying what makes a good life, etc.

After watching the presentation we will discuss the issues raised. Come along to help spread the ideas and to share your thoughts.

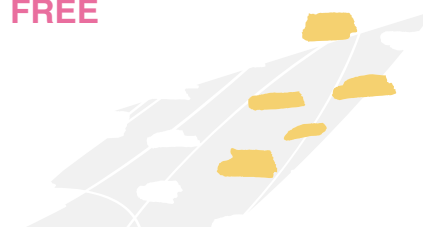
Hosted by: Casey U3A.
Tutor: Chris Trimnell.

 **1.00 pm – 2.00 pm**

 Online

 For bookings call 0466 438 644
Please RSVP by Tuesday
19 October

\$ FREE



THURSDAY 21 OCTOBER

Gentle Meditative Movement and Guided Meditation by Zoom

Thursday 21 October

It has been said that when times are challenging – RELAX.

This is good advice, but it is not easy. It takes constant practice to find the calm in the storm and create a safe harbour within ourselves.

In this session, we will encourage the release of stress from our bodies, calm our minds and nourish our souls. We will do this together using breath, movement, stillness, introspection and creative imagination.

The session will finish with a guided intuitive meditation, inspired at the time.

Hosted by: Casey U3A.
Tutor: Maxine Gardner.

🕒 **10.30 am – 11.30 am**

📍 Online

📞 For bookings call 0466 438 644
Please RSVP by Wednesday 20 October

💰 **FREE**

THURSDAY 21 OCTOBER



Dead Men Do Tell Tales

Thursday 21 October

You can learn a lot in a cemetery and get misled – it may be carved in stone but is it correct? Using death notices, funeral notices, obituaries and wills to find the living. Presented by Jane Rivett-Carnac from the Narre Warren and District Family History Group. This is an online event on Zoom.

Hosted by: Casey-Cardinia Libraries

🕒 **11.00 am – 12.00 pm**

📍 Online

📞 Bookings 1800 577 548 or online
events.ccl.vic.gov.au/event?id=4110

💰 **FREE**



FRIDAY 22 OCTOBER

Planning for Your Future

Friday 22 October

A time may come when you are not able to make important decisions for yourself. This means that decisions get made for you, that might not align with your wishes. Elder abuse is any act which causes harm to an older person and is carried out by someone they know and trust. Careful planning ahead can help ensure you are protected from potential elder abuse.

Seniors Rights Victoria, has been working in partnership with Dementia Australia and are offering a free information session, to help you plan ahead to ensure your choices and rights are respected.

🕒 **10.30 am – 11.30 am**

📍 Online

📄 Zoom link: us02web.zoom.us/j/87987492602
Meeting ID: 879 8749 2602
Contact Lucy Best, lb主@seniorsrights.org.au

💰 **FREE**

In a 50 minute presentation you will learn about:

- The importance of planning ahead
- Having conversations with those close to you
- Formalising your wishes
- Decision making capacity – what it is and how it is assessed
- Advanced Care Planning and Medical Treatment decision making
- Appointing someone with Enduring Power of Attorney
- The obligations of your appointed attorney

This project is funded as part of the Victorian Government's Integrated Services Fund.

Hosted by: Seniors Rights Victoria

SATURDAY 23 OCTOBER



Tamil Musical and Dance Performance

Saturday 23 October

Online event consists of a number Tamil musical and dance items by professional artist.

Hosted by: Casey Tamil Manram

🕒 **11.00 am – 12.30 pm**

📍 Online

📄 For bookings call Siva on 8786 7469 or 0491 149 113

Please RSVP by Wednesday 20 October

💰 **FREE**



MONDAY 25 OCTOBER



Tai Chi by Zoom

Monday 25 October


Have you ever been out somewhere in the early morning and spotted people making beautiful slow gentle moves together in the morning air? Tai Chi by Zoom is on offer to any seniors wanting to give it a try. My purpose is to encourage anyone to experience the health and mental wellbeing benefits that Tai Chi can bring. Being with others doing this is an added benefit.

Whether you are a Beginner or have had some experience in the past, these classes will suit you all. I am a senior myself and very happy to pass on my knowledge and have fun together. This class has been adapted to Zoom.

Hosted by: Casey U3A. Tutor: Helen McGrath.

 **9.30 am – 10.30 am**

 Online

 For bookings call 0466 438 644
Please RSVP by Friday 22 October

\$ FREE

MONDAY 25 OCTOBER

Ageing in Your Own Home

Monday 25 October

Do you or someone you know need assistance with understanding My Aged Care and how to navigate the system relevant to home care packages?

Find out more about services that are available, who provides them, what you are eligible for, how to apply and things you need to know as you progress through the system.

Individual support and follow up can be provided.

Hosted by: Balla Balla Community Centre and COTA

 **10.00 am – 12.30 pm**

 Online

 For bookings call Balla Balla Community Centre on 5990 0900 between 9.00 am – 3.00 pm
Please RSVP by Friday 15 October

\$ FREE



MONDAY 25 OCTOBER

Ukulele by Zoom

Monday 25 October


If you've never played a ukulele before but are interested to learn the basics, then this is the class for you!

Learn by playing songs and having FUN in a friendly supportive atmosphere. You will need your own ukulele. Feel free to ask for advice. Anyone with some previous experience is also welcome to come along.

Hosted by: Casey U3A.
Tutor: Danny Hume.

 **11.30 am – 12.30 pm**

 Online

 For bookings call
0466 438 644
*Please RSVP by Friday
22 October*

\$ FREE

Zumba Gold by Zoom

Monday 25 October


Dance along to Latin inspired rhythms while getting fit and having FUN!

This low impact class is led by a qualified Zumba instructor and is tailored for seniors. It relieves stress, improves heart health and helps increase balance and co-ordination.

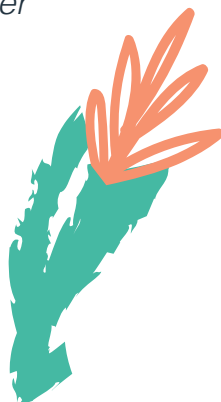
Hosted by: Casey U3A.
Tutor: Kerry Auch-Schwelk.

 **1.00 pm – 2.00 pm**

 Online

 For bookings call
0466 438 644
*Please RSVP by Friday
22 October*

\$ FREE



MONDAY 25 OCTOBER



Ageing in Your Own Home

Monday 25 October

Do you or someone you know need assistance with understanding My Aged Care and how to navigate the system relevant to home care packages?

Find out more about services that are available, who provides them, what you are eligible for and how to apply, and things you need to know as you progress through the system.

Individual support and follow up can be provided.

Hosted by: Casey-Cardinia Libraries and Council on the Ageing (COTA)

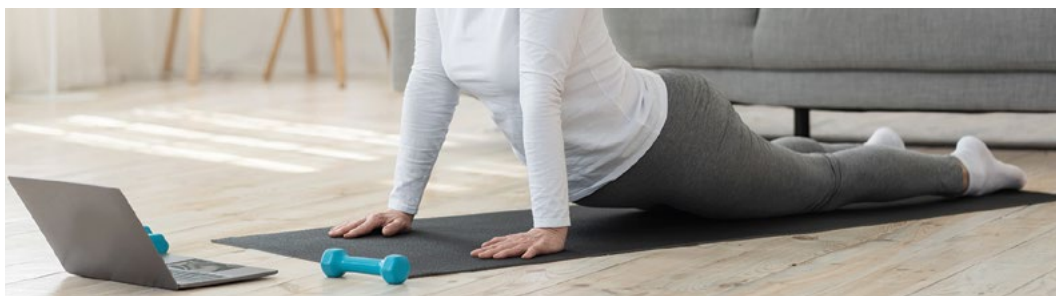
 **2.00 pm – 3.30 pm**

 Online

 For bookings call 1800 577 548
or book online events.ccl.vic.gov.au/event?id=4565

\$ FREE

TUESDAY 26 OCTOBER



Gentle Meditative Movement and Guided Meditation by Zoom

Tuesday 26 October

It has been said that when times are challenging – RELAX. This is good advice, but it is not easy. It takes constant practice to find the calm in the storm and create a safe harbour within ourselves.


In this session, we will encourage the release of stress from our bodies, calm our minds and nourish our souls. We will do this together using breath, movement, stillness, introspection and creative imagination.

The session will finish with a guided intuitive meditation, inspired at the time.

Hosted by: Casey U3A. Tutor: Maxine Gardner.

 **10.30 am – 11.30 am**

 Online

 For bookings call 0466 438 644
Please RSVP by Monday 25 October

 **FREE**

WEDNESDAY 27 OCTOBER

Ted Talks by Zoom

Wednesday 27 October


Ted Talks are videos that present a powerful message in under 18 minutes. Topics range from medical breakthroughs, to climate change, to identifying what makes a good life, etc.

After watching the presentation we will discuss the issues raised. Come along to help spread the ideas and to share your thoughts.

Hosted by: Casey U3A. Tutor: Chris Trimnell.

 **1.00 pm – 2.00 pm**

 Online

 For bookings call 0466 438 644
Please RSVP by Tuesday 26 October

 **FREE**



THURSDAY 28 OCTOBER

Gentle Meditative Movement and Guided Meditation by Zoom

Thursday 28 October

It has been said that when times are challenging
– RELAX.

This is good advice, but it is not easy. It takes
constant practice to find the calm in the storm
and create a safe harbour within ourselves.

In this session, we will encourage the release
of stress from our bodies, calm our minds and
nourish our souls. We will do this together using
breath, movement, stillness, introspection and
creative imagination.

The session will finish with a guided intuitive
meditation, inspired at the time.

Hosted by: Casey U3A.
Tutor: Maxine Gardner.

🕒 **10.30 am – 11.30 am**

📍 Online

📄 For bookings call
0466 438 644
*Please RSVP by
Wednesday 27 October*

💰 **FREE**



THURSDAY 28 OCTOBER



Heat Health: Preparing for the Heat of Summer Workshop

Thursday 28 October

A free online interactive session that covers the risks of heat
stroke and heat exhaustion. Includes information about what
you can do to keep yourself and your family safe in the heat,
your home cool, heat wave planning and sharing tips on
keeping cool.

Hosted by: Selandra Community Hub and Enliven

🕒 **11.00 am – 12.00 pm**

📍 Online

📄 Book online **trybooking.com/BTVKN**
or phone 9709 9615
Please RSVP by Wednesday 27 October

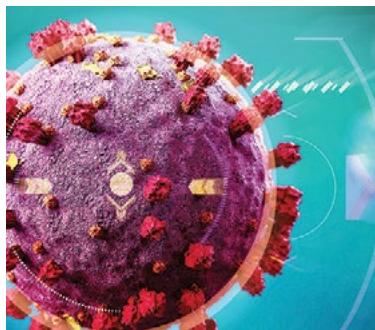
💰 **FREE**

THURSDAY 28 OCTOBER

COVID Information Session

Thursday 28 October

The Water Well Project is a health promotion charity which aims to improve the health and wellbeing of migrant, refugees and asylum seekers by providing health education.



Our sessions are interactive and facilitated by volunteers who are all qualified healthcare professionals (doctors, nurses, midwives, and other allied health professionals).


We will be providing an interactive session on COVID at the Ageing Positively Festival, so please register to attend by calling or going to the website provided below.

Come along and ask questions to our healthcare professionals about the virus, vaccination, public health restrictions and any other questions you may have.

Hosted by: The Water Wells Project and Cranbourne West Community Hub

 **1.30 pm – 3.00 pm**

 Online

 For bookings call Cranbourne West Community Hub on 9705 5889 or book online trybooking.com/BSQSH
Please RSVP by Wednesday 20 October

 **FREE**

FRIDAY 29 OCTOBER

Line Dancing With a Touch of Self-Care

Friday 29 October

A gentle form of exercise while you dance away in your lounge room. Participants will receive a pamper pack (made of essential oils) either to their home address or collected from the centre when restrictions ease.

Hosted by: Oakgrove Community Centre

 **10.00 am – 11.00 am**

 Online

 For bookings call Oakgrove Community Centre on 9704 2781
Please RSVP by Wednesday 20 October

 **FREE**



[illegible]

For the planning of future events and activities your feedback is important to us. Help us make the City of Casey more age-friendly! To complete the survey online, go to **conversations.casey.vic.gov.au/apfh** or contact us to post the survey out to you.

Connected Communities Department

Inclusion and Wellbeing | City of Casey

 **9705 5200**

 ccinclusionandwellbeingadmin@casey.vic.gov.au



The City of Casey would like to thank the organisations who assisted with the events for the Ageing Positively Festival 2021.

If you would like more information on ageing positively programs and activities, please visit the City of Casey website, or phone 9705 5200.



Contact City of Casey

03 9705 5200

caseycc@casey.vic.gov.au

casey.vic.gov.au

 facebook.com/CityOfCasey

 @CityOfCasey

PO Box 1000

Narre Warren VIC 3805

Customer Service Centres

Narre Warren

Bunjil Place

2 Patrick Northeast Drive

Cranbourne

Cranbourne Park Shopping Centre



TIS: 131450 (Translating and Interpreting Service)

المترجم الفوري 翻译 مترجم شفاهی ਦੁਭਾਸ਼ੀਆ ಕಾಣಿಕಾ ಪರಿವರಣಕ