



SENIORS FESTIVAL 2024

1 to 14 OCTOBER

PROGRAM

Acknowledgement of country

Council respectfully acknowledges the Traditional Owners of this land, the people of the Kulin Nations. We pay our respect to their Elders, past and present. We acknowledge and uphold their continuing relationship to this land.



2024 SENIORS FESTIVAL

The City of Port Phillip Seniors Festival is an annual celebration running in October. The festival recognises the valuable contribution people aged 55+ have made and continue to make to our community.

Rainbow Tick accreditation

City of Port Phillip services for older people has been awarded the Rainbow Tick, which is an Australian Standards accreditation indicating services provided are inclusive of and sensitive to the needs of lesbian, gay, bisexual, transgender and intersex (LGBTI) people.



City of Port Phillip contact information

- 📞 ASSIST 03 9209 6777
- 🌐 portphillip.vic.gov.au
- ✉️ City of Port Phillip
Private Bag 3
PO St Kilda, VIC 3182

**Victorian
Seniors
Festival
2024**

Sign up to the Divercity newsletter for the latest news affecting your community, delivered straight to your inbox.

🌐 portphillip.vic.gov.au/divercity

Scan the QR code

To sign up now



National Relay Service

If you are deaf or have a hearing or speech impairment, you can phone us through the National Relay Service (NRS):

- TTY users, dial 133677, then ask for 03 9209 6777
- Voice Relay users, phone 1300 555 727, then ask for 03 9209 6777

🌐 accesshub.gov.au

Language assistance

Nearly a quarter of residents in the City of Port Phillip speak languages other than English at home. Council offers a free multilingual telephone interpreting service for council enquiries. The interpreter will put a caller in touch with our Call Centre so we are able to respond to your enquiries.

廣東話 9679 9810

普通話 9679 9858

Ελληνικά 9679 9811

Русский 9679 9813

Polska 9679 9812

Other 9679 9814

If you require a large print version please phone
ASSIST

03 9209 6777

EXPLORE.ENGAGE.EVOLVE.



PORT PHILLIP LIBRARY SERVICE PRESENTS

WORKSHOP

SMARTPHONE STORIES - MAKE A MOVIE USING YOUR PHONE

Everything you need to make movies, in your pocket! This fun and interactive two-part workshop gives you the skills, information, and equipment to be able to develop and make your own films. Tell your own stories, using a mobile phone to shoot and edit.

WHEN

You must be available for both sessions.

SESSION 1

10 am to 4 pm
Saturday 5 October

SESSION 2

10 am to 4 pm
Saturday 12 October

WHERE

St Kilda Library
150 Carlisle Street, St Kilda

BOOKINGS ESSENTIAL

- ☎ 03 9209 6655
- 👉 trybooking.com/CTSFD
- ✉ libprograms@portphillip.vic.gov.au

FREE

MUSIC

VARDOS TRIO LIVE AT THE LIBRARY (EASTERN EUROPEAN / ROMA)

Driven by Alana's wild violin, chased by accordion and double bass, Vardos play folk and Romany music learnt from Rromauk and folk musicians in Hungary and Romania during their travels in Eastern Europe.

WHEN

12 midday to 1 pm
Saturday 12 October

WHERE

St Kilda Library
150 Carlisle Street, St Kilda

BOOKINGS

- ☎ 03 9209 6655
- 👉 trybooking.com/CTIFB
- ✉ libprograms@portphillip.vic.gov.au

FREE

FILM

**THE POSH AND THE RIFF RAFF
SCREENING + Q&A WITH
MARIANNE LATHAM**

In the late 1800s, St Kilda was home to the richest, most influential people in Australia. As the seaside suburb declined in later decades, musicians, artists, writers, film makers and migrants moved in, transforming it into a famous cultural destination. Don't miss this intriguing history of St Kilda and post screening Q & A with director Marianne Latham, (ABCTV, SBSTV, Nine Network, Seven Network, Bloomsbury London, ARTE France).

WHEN

**6 to 7.30 pm
Wednesday 2 October**

WHERE

St Kilda Library
150 Carlisle Street, St Kilda

BOOKINGS

☎ 03 9209 6655
👉 trybooking.com/CTXVL
✉ libprograms@portphillip.vic.gov.au

FREE

**AGEING FABULOUSLY SCREENING +
Q&A WITH JULIE PETERS**

Where do LGBTI people go in their later lives? Trans elder legend Julie Peters goes on a mission to find out. From the 'Rainbow' LGBTI senior's community in Stockholm, Sweden, queer friendly accommodation in Melbourne and an inclusive aged care facility in the regional town of Daylesford. Forget the usual singalongs and board games, we're talking ABBA drag shows and cabarets!

WHEN

**1 to 2 pm
Tuesday 8 October**

WHERE

St Kilda Library
150 Carlisle Street, St Kilda

BOOKINGS

☎ 03 9209 6655
👉 trybooking.com/CTXVY
✉ libprograms@portphillip.vic.gov.au

FREE

DISCUSSION

**PORT PHILLIP FAMILY HISTORY
CLUB LAUNCH: LOCAL HISTORY
SHOW AND TELL**

The Port Phillip Family History Club explores topics relating to family and local history. Bring an item of historical significance to your family or the City of Port Phillip to this special launch event. Join the discussion about your treasured items over tea and biscuits.

WHEN

**1 to 2 pm
Thursday 3 October**

WHERE

Port Phillip Heritage Centre
195 Bank Street
South Melbourne

BOOKINGS ESSENTIAL

☎ 03 9209 6655
👉 trybooking.com/CTXZZ

FREE

**ROBYN WATTERS FROM PORT
MELBOURNE HISTORICAL SOCIETY
TALK ON GARDEN CITY**

A historical gem in the City of Port Phillip, Garden City was established by the State Savings Bank as a low-cost housing estate for workers and low-income families in the late 1920s to the 1940s. Robyn Watters will speak on her family's connection to the estate as well as to greater Port Melbourne.

WHEN

**6.30 to 7.30 pm
Tuesday 8 October**

WHERE

Emerald Hill Library, 195 Bank Street, South Melbourne

BOOKINGS ESSENTIAL

☎ 03 9209 6655
👉 trybooking.com/CTXWU

FREE

DISCUSSION**SENIORS WRITERS PANEL**

Join us for an enlightening discussion led by senior writers. Speakers Boris Frankel, Caroline de Costa and George Kyriakou will share their writing experience and answer your questions. Event facilitated by Carmel Shute, convenor of the Sisters in Crime Australia.

WHEN

5.30 to 7.30 pm
Wednesday 9 October

WHERE

St Kilda Library
150 Carlisle Street, St Kilda

BOOKINGS

- ☎ 03 9209 6655
- 🌐 trybooking.com/CTSFH
- ✉ libprograms@portphillip.vic.gov.au

FREE**PERFORMANCES AND DISPLAYS****MULTICULTURAL SENIORS SHOWCASE (POP UP PERFORMANCES)**

Explore the rich history, stories and culture of different communities within City of Port Phillip at this special showcase.

BOOKINGS

- ☎ Not required, drop-by
- ☎ 03 9209 6655
- ✉ libprograms@portphillip.vic.gov.au

ENSEMBLE NOSTALGIA CHOIR

Enjoy the rich and unique sounds of the Ensemble Nostalgia Choir. Featuring a range of voices, from sopranos to altos, the choir is known for its robust and harmonious blend.

WHEN

12 midday to 1 pm
Monday 7 October

WHERE

Emerald Hill Library forecourt
195 Bank Street,
South Melbourne

SONGS IN OUR HEARTS LOTUS CHOIR

Be charmed by Lotus Choir serenading you with different European musical traditions. Get to know the choristers during the light afternoon tea after their performance.

WHEN

1 to 2 pm
Thursday 10 October

WHERE

St Kilda Library
150 Carlisle Street, St Kilda

PORT MELBOURNE GREEK COMMUNITY SENIOR CITIZENS CLUB CULTURAL DISPLAY

Explore a personal cultural collection put together by the local Greek residents. Cherished mementos include handmade embroideries, tintypes and daguerreotypes photos to potteries, traditional worry beads, icons, and more.

WHEN

During library opening hours
1 to 14 October

WHERE

Port Melbourne Library
333 Bay Street, Port Melbourne

TAI CHI PERFORMANCE - ASSOCIATION OF FORMER INMATES OF NAZI CONCENTRATION CAMPS AND GHETTOS FROM THE FORMER SOVIET UNION

Enjoy watching Tai Chi, performed with the rhythm of relaxing music, featuring gentle movement, a meditative state of mind, and controlled breathing. Stay after the performance for a light conversation with the team and afternoon tea.

WHEN

1 to 1.30 pm
Friday 11 October

WHERE

St Kilda Library,
150 Carlisle Street, St Kilda

FREE

SENIORS FESTIVAL LAUNCH WITH 80s ENUFF!

Combining 80s fashion and original 80s instruments with raw energy and humour, they'll transport you back to the era of big hair, shoulder pads, and synth beats. Put down that Rubik's Cube, pull up your acid wash jeans and leg warmers, get down to the 'greaties from the 80s' including *What's Love Got to do With It*, *Wired for Sound*, *What a Feeling* and *Tainted Love*. Prizes for best dressed 80s style! Hot and cold finger food provided. Drinks are available to purchase at the bar.

WHEN

1 to 3 pm
Saturday 5 October

WHERE

Middle Park Bowls Club
Canterbury Road, Middle Park

Located at the Albert Park reserve, on the park side of the No. 96 tram line. If you're driving, we're directly opposite the Middle Park Hotel on Canterbury Road, and our car park entrance is through the underpass of the tramline.

BOOKINGS ESSENTIAL

📞 Cathy 0481 053 536

✉️ SeniorsFestival2024Bookings@portphillip.vic.gov.au

FREE



CITY OF PORT PHILLIP
EVENTS

WORKSHOP**ART WORKSHOP WITH FIRST NATIONS ARTIST LES STANLEY**

Join First Nations artist Leslie J Stanley in a traditional painting workshop. You will learn about the history of Indigenous art and storytelling to create your very own painting to take home. All art materials and afternoon tea provided.

WHEN

3 to 5 pm
Wednesday 9 October

WHERE

St Kilda Library
150 Carlisle Street, St Kilda

BOOKINGS ESSENTIAL

- ☎ Cathy 0481 053 536
- ✉ SeniorsFestival2024Bookings@portphillip.vic.gov.au

FREE**MUSIC****PLAYING SECOND FIDDLE**

Join Victoria Mantynen as she pays homage to the show stopping musical theatre songs sung by female supporting characters. Include classics from *Les Miserable*, *Chess*, *Showboat*, *Guys and Dolls*, *Oliver* and many more. Drinks available for purchase at the venue.

WHEN

1 to 2 pm
(doors open at 12.30 pm)
Thursday 3 October

WHERE

Middle Park Bowls Club,
Canterbury Road, Middle Park

Located at the Albert Park reserve, on the park side of the No. 96 tram line. If you're driving, we're directly opposite the Middle Park Hotel on Canterbury Road, and our car park entrance is through the underpass of the tramline.

BOOKINGS ESSENTIAL

- ☎ Cathy 0481 053 536
- ✉ SeniorsFestival2024Bookings@portphillip.vic.gov.au

FREE**AWARDS****PORT PHILLIP WRITES: SENIORS FESTIVAL 20TH WRITING AWARDS PRESENTATION**

Join us for this enjoyable session of literature including the announcement of the Judges Awards. Special guests will read selections of writers' entries. Light refreshments included.

WHEN

1 to 3 pm
Monday 14 October

WHERE

St Kilda Town Hall
99a Carlisle Street, St Kilda

BOOKINGS ESSENTIAL

- ☎ Cathy 0481 053 536
- ✉ SeniorsFestival2024Bookings@portphillip.vic.gov.au

FREE



THE UNIVERSITY OF THE THIRD AGE PORT PHILLIP SHOWCASE

The University of the Third Age Port Phillip (U3APP) offers retired or semi-retired Seniors living in or near the City of Port Phillip classes to keep your mind active, find new friends and enrich your retirement lifestyle.

DANCE

MULTICULTURAL DANCE, HOPPA HEY

Hoppa Hey is a program of multicultural dancing and exercise, taught by three qualified tutors. Come and enjoy a fun program of dance, movement and games that enhances balance, coordination, and memory. Refreshments served.

WHEN

11 am to 1 pm
Tuesday 8 October

WHERE

South Melbourne Community Centre, 1 Ferrars Place, South Melbourne

BOOKING ESSENTIAL

☎ 03 9696 3495
✉ events@u3app.org.au
👉 bit.ly/HoppaHey

FREE

DANCING ON FRIDAYS

Watch or join Dance on Fridays, a feel-good dance class covering many different dance styles and music. If you wish to dance, please wear shoes that you can twist/swivel in easily. Refreshments served.

WHEN

1.30 to 3 pm
Friday 11 October

WHERE

South Melbourne Community Centre, 1 Ferrars Place, South Melbourne

BOOKING ESSENTIAL

☎ 03 9696 3495
✉ events@u3app.org.au
👉 bit.ly/DancingFridays

FREE

EXHIBITION**SENIORS ART EXHIBITION**

Come view and enjoy the artwork by the talented senior members of Port Phillip. This exhibition is open to the public, members and subscribers of U3APP. Refreshments served.

WHEN

2 to 4 pm
Tuesday 8 October

WHERE

Mary Kehoe Centre
224 Danks Street, Albert Park

BOOKING ESSENTIAL

- ☎ 03 9696 3495
- ✉ events@u3app.org.au
- 👉 bit.ly/SeniorsArtExhibition

FREE**MINGLE****HAPPY HOUR WITH THE U3APP MALE CHOIR**

Come along, catch up with friends and or make new friends while enjoying a happy hour drinks. Refreshments at your own cost.

WHEN

4.30 to 6 pm
Thursday 10 October

WHERE

Heroes Lounge, RSL
88 Acland Street, St Kilda

BOOKING ESSENTIAL

- ☎ 03 9696 3495
- ✉ events@u3app.org.au
- 👉 bit.ly/SeniorsHappyHour

FREE**MUSIC****SENIORS FESTIVAL SHOWCASE OF ART AND MUSIC**

During the Seniors Week Festival U3APP will present an interactive Musical Showcase presented by the various music groups and male choir. The U3APP Art Exhibition will also be on display for viewing. So come along, view the artwork, enjoy the music and a sing along! Refreshments served.

WHEN

2 to 4pm
Friday 11 October

WHERE

Mary Kehoe Centre
224 Danks Street, Albert Park

BOOKING ESSENTIAL

- ☎ 03 9696 3495
- ✉ events@u3app.org.au
- 👉 bit.ly/SeniorsArtMusic

FREE**DISCUSSION****SATURDAY SEMINAR, THE BENEFIT OF LEARNING A MUSICAL INSTRUMENT LATER IN LIFE**

Discover how music can boost your health and brain power, especially as we age. Get a fun introduction to music-making, and how it affects the brain. Find out the latest research, plus great resources for anyone wanting to start learning an instrument, Hosted by Dr Zara Thompson and facilitated by Helen Vorrath.

WHEN

2.30 to 3.30 pm
Saturday 5 October

WHERE

Online. This webinar is free to the general public via Zoom. Register at U3APP Seniors Festival Saturday Seminar.

MORE INFORMATION:

- ☎ 03 9696 3495
- ✉ events@u3app.org.au
- 👉 bit.ly/U3ASeminar

FREE



COMMUNITY PRODUCED PROGRAMS AND EVENTS

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LGBTI

AN AFTERNOON WITH FRIENDS OF DOROTHY

Join Friends of Dorothy for fun and heartwarming afternoon at the Victorian Pride Centre. Celebrate our ageing LGBTI community, featuring interactive activities, pop-up stalls, free cake and coffee, and a private tour of the Centre. Join us for each activity or drop in anytime.

WHEN

11.30 am to 4 pm
Tuesday 8 October

WHERE

Victorian Pride Centre
79 / 81 Fitzroy Street, St Kilda

BOOKING ESSENTIAL

☎ 03 7035 3592
👉 bit.ly/FriendsofDorothy

FREE

THEATRE

MEET THE RISING STARS OF DANCE AND DRAMA!

You are invited to the historic National Theatre in St Kilda for a 45-minute performance of dance and drama by pre-professional students of the National Ballet and Drama Schools - our rising stars of stage and drama! Tea, cake and biscuits will be served in the theatre foyer after the show.

WHEN

10 am to 12 midday
Tuesday 8 October

WHERE

The National Theatre
20 Carlisle Street, St Kilda

BOOKINGS ESSENTIAL

☎ National Theatre Office
03 9525 4611
✉ boxoffice@nationaltheatre.org.au

COST: \$5

Includes tea, coffee and biscuits.

TOUR**DIG IN GARDEN OPEN DAY**

A guided tour of the garden and learn more about environmentally sustainable practices such as community gardening in high density urban environments, organic vegetable growing, maintenance and composting, seed saving, chicken raising and beehive care.

WHEN

11 am to 2 pm
Sunday 6 October

WHERE

Dig In Community Garden,
Murphy Reserve, Williamstown
Road, Port Melbourne

BOOKINGS

Not required

FREE**MUSIC AND DANCE****LET'S SING AND DANCE WITH THE LOTUS CHOIR**

Meet the Lotus Choir and be enchanted by the beauty of music in Russian, English, Ukrainian, Belarus, Hebrew, French, Spanish, and Italian. Stay for a light afternoon tea after the concert.

WHEN

11.30 am to 1 pm
Friday 4 October

WHERE

Betty Day Community Centre,
67 Argyle Street, St Kilda

BOOKINGS ESSENTIAL:

- ☎ Anna 0412 318 550
- ✉ victoria.ignateva@rerc.org.au

FREE**BLING IT ON**

Join the party, in this glittering sparkling celebration in St Kilda. Boogie to live music and disco hits from the 60s, 70s, 80s, and beyond, featuring Johnny Lock & El. Free includes afternoon tea. Presented by Sacred Heart Mission.

WHEN

2 to 4 pm
Friday 11 October

WHERE

Sacred Heart Community,
101 Grey Street, St Kilda

BOOKINGS ESSENTIAL:

- ☎ Tammy or Santi 0467 760 170
- ✉ shcomlifestyle@sacredheartmission.org

FREE**CASPA CARE ANNUAL CONCERT**

Come along to watch, sing and tap your feet to the music and dancing. This concert is open to all in our community and to the family and friends of residents at CaSPA Care. Presented by Share and Care Entertainers.

WHEN

2 to 3 pm
Sunday 13 October

WHERE

CaSPA Care, Napier Street
Homes, 203 Napier Street
South Melbourne

BOOKINGS ESSENTIAL:

- ☎ Caroline 0418 556 337
- ✉ icm@netspace.net.au

FREE

MUSIC AND CULTURAL EVENT**CELEBRATING JEWISH HARVEST FESTIVAL - SUKKOT 2024**

Celebrate the Jewish harvest festival of Sukkot. Learn more about the significance of Sukkot to Jewish faith and culture and enjoy the musical performance and scrumptious traditional food. Presented by Association of Former Inmates of Nazi Concentration Camps from the Former Soviet Union.

WHEN

3 to 7 pm
Sunday 13 October

WHERE

Betty Day Community Centre,
67 Argyle Street, St Kilda

BOOKINGS ESSENTIAL

☎ Aron Vinkler 0411 446 635

FREE**JEWISH HOLIDAY SUKKOT CONCERT FOR THE WHOLE COMMUNITY**

Sukkot is a joyful festive event associated with the harvest and the tradition of the 'four kinds of plants'. Join members of the association and guests to celebrate Jewish culture with amazing food, beautiful music, videos, and dancing.

WHEN

3 to 8 pm
Sunday 6 October

WHERE

Betty Day Community Centre,
67 Argyle Street, St Kilda and
live stream

BOOKINGS ESSENTIAL:

☎ Boris 0425 651 106
✉ borysf@gmail.com

COST: \$20**A MUSICAL TRIBUTE TO NADEZHDA KUSHNIR**

Celebrate the remarkable life of Nadezhda Kushnir who dedicated 29 years of her life providing community service to Russian speaking seniors. Delicious food, musical performances, and traditional dance will feature this special event. Presented by Nadezhda Russian Senior Citizens Club.

WHEN

1 to 4 pm
Sunday 13 October

WHERE

Betty Day Community Centre,
67 Argyle Street St Kilda

BOOKINGS ESSENTIAL:

☎ Lidiya 0421 129 806
✉ lidiya02@outlook.com

COST: \$15**THE GREEK GLENDI**

The Greek Glendi (glendi is a Greek word meaning party or celebration) will feature everything Greek – delicious food, vibrant music and dance, and cultural mementos. Presented by Port Melbourne Greek Community Senior Citizens Club

WHEN

10 am to 12 midday
Monday 7 October

WHERE

Port Melbourne Community
Room, 1 / 147 Liardet Street,
Port Melbourne

BOOKINGS ESSENTIAL

☎ Athena 0411 802 225
✉ tinamilopoulos@gmail.com

FREE

MUSIC AND CULTURAL EVENT**LET'S HAVE FUN WITH THE GREEKS!**

There's no party like a Greek party! Treat yourself to delicious Greek food and lively Greek music, and mingle and enjoy the company of the local Greeks. Booking is essential due to limited space. Presented by New Life Association

WHEN

10 am to 1 pm
Tuesday 8 October

WHERE

Port Melbourne Community Room, 1 / 147 Liardet Street
Port Melbourne

BOOKINGS ESSENTIAL

- ☎ Kelly 0412 830 584
- ✉ argyropoulos.greekclub@gmail.com

FREE**MUSICAL LUNCHEON**

Come for lunch and a celebration of music at the Christ Church Community Centre (St Kilda's Little Mission). Enjoy a delicious meal while local artists perform, and find out more about services on offer, and opportunities are available for seniors in the community.

WHEN

12 midday to 3 pm
Monday 7 October

WHERE

Christ Church Community Centre, 14 Acland Street, St Kilda

BOOKINGS

- ☎ The Christ Church Community Centre
03 9534 9250
- ✉ communitycentre@ccm.org.au

FREE

Includes lunch and entertainment.

MUSIC**SEASIDE SERENADE & SOCIAL**

Experience a magical afternoon of live music at the Royal Melbourne Yacht Squadron. Enjoy classic tunes and contemporary hits with a stunning beachside backdrop and perfect atmosphere. Food and drinks will be available for purchase.

WHEN

2 to 8 pm
Saturday 12 October

WHERE

Royal Melbourne Yacht Squadron 1 Pier Road, St Kilda

BOOKINGS ESSENTIAL

- ☎ 03 9534 0227
- ✉ members@rmys.com.au
- 👉 trybooking.com/CTNRF

FREE**SING-A-LONG WITH SKULL (THE ST KILDA UKULELE LOVERS LEAGUE)**

Presented by SKULL and St Kilda RSL

Join a heart-warming ukelele singalong in the heart in of St Kilda. Ukeleles, percussion instruments and songbook provided. Complete beginners are welcome. Drinks available for purchase.

WHEN

2 to 4 pm
Sunday 13 October

WHERE

St Kilda RSL
88 Acland Street, St Kilda

Bookings not required.

For more information

- ☎ Peter 0411 470 651

FREE

Drinks available for purchase.

SPORT

BOWLING IN THE GARDENS

Come and try bowls in one of Melbourne oldest bowls clubs, in a gorgeous garden setting surrounded by oak trees dating from 1860. Enjoy a fun day of what Albert Park Bowls Club has to offer. Includes sausage sizzle.

WHEN

11 am to 5 pm
Sunday 6 October

WHERE

Albert Park Bowls Club
St Vincent Gardens
(Ferrars Street End),
3 / 1a St Vincent Place,
Albert Park

Bookings not required.

For more information:

- ☎ Albert Park Bowls
03 9690 3592
- ✉ president@albertparkbowlsclub.com.au

FREE

GENTLE MOVEMENT WITH LIVE MUSIC

Presented by South Port Community Centre and Yoga with Lea

Learn simple body movements you can use in everyday life, like Tai Chi, Qigong, Yin Yoga, dancing, and breathing exercises, all set to live music. Gain insights based on extensive research and from acclaimed practitioners. Leave with practical, easy-to-use exercises that fit your lifestyle. Class will be accompanied by musician playing viola. Option to remain seated.

WHEN

12.30 to 1.30 pm
Friday 4 October

WHERE

South Melbourne Community Centre, 1 Ferrars Place,
South Melbourne

BOOKINGS ESSENTIAL

- ☎ Lea 0411 273 675
- ✉ singerlea@yahoo.com
- 🔗 bit.ly/GentleMovement

FREE

ZUMBA FEVER

Presented by NCJW (Victoria) Community Services Inc.

Join Golden Age club members for Zumba classes suitable for all ages and physical abilities. No experience needed. Good food, music and fun are guaranteed.

WHEN

4 to 7 pm
Tuesday 8 October

WHERE

Betty Day Community Centre,
67 Argyle Street, St Kilda

BOOKINGS ESSENTIAL

- ☎ Lisa M. 0425 732 325
- ✉ grants@ncjwvic.org.au

FREE

SILVER SALTIES COME AND TRY DAY AT ST KILDA LIFE SAVING CLUB

Experience a fun and free 'Come and Try Day' just for seniors at St Kilda Life Saving Club. Enjoy activities to boost your fitness and balance, check out beach and indoor fitness sessions, meet new friends.

WHEN

10 am to 2 pm
Sunday 6 October

WHERE

St Kilda Lifesaving Club,
34 Jacka Boulevard, St Kilda

Bookings not required.

For more information:

- ☎ 03 9534 2014
- ✉ enquiries@stklsc.com.au

FREE

SPORT

COME AND TRY CROQUET

Come and try croquet in beautiful Elwood. The game offers gentle exercise and mental stimulation, as well as the benefits of belonging to a community that socialises almost as much as we play. Lunch included.

WHEN

Two sessions on Sunday 6 October:

Session 1: 9.45 am to 12 midday

Session 2: 12 midday to 3 pm

WHERE

Elwood Croquet Club
33 Head Street, Elwood

BOOKING ESSENTIAL

☎ 0490 312 810

✉ elwoodcroquet@gmail.com

Provide your name, contact number and preferred session.

FREE

COFFEE DATE

CELEBRATING AGEING

Gather and connect with fellow aging Muslims in Port Phillip over the rich tradition of Ethiopian coffee. This vibrant event offers a warm and inclusive atmosphere, and a chance to celebrate shared cultural heritage. Don't miss this opportunity to come together.

WHEN

11 am to 1 pm

Saturday 5 October

WHERE

Sandbar Cafe,
175B Beaconsfield Parade,
Middle Park

BOOKINGS:

✉ admin@salamfest.com

FREE

FORUM

A FORUM ON THE HISTORY OF JEWISH FESTIVAL SUKKOT

Join a celebration of Sukkot, an event dedicated to the liberation from slavery and the Jewish struggle for freedom. Includes photographic exhibition of desert plants. Presented by Ethnic Discussion Club.

WHEN

3 to 7 pm

Sunday 6 October

WHERE

Betty Day Community Centre,
67 Argyle Street, St Kilda

Bookings not required.

For more information:

☎ The Ethnic Discussion Club
0412 267 283

✉ butadion40@gmail.com

FREE

FESTIVAL

SIMHAT TORAH FESTIVAL

Join communities from across Victoria, celebrating the Torah - Jewish books of life. Celebrate with food, folk dance, songs and entertainment. Presented by Yachad Senior Citizens Club.

WHEN

6 to 11 pm

Sunday 6 October

WHERE

Betty Day Community Centre,
67 Argyle Street, St Kilda.

BOOKING ESSENTIAL

☎ Ester Efraimov 0425 873 260

✉ ja.aronov@gmail.com

FREE



COMMUNITY INFORMATION

Victorian Seniors Festival: Explore. Engage. Evolve.

The Victorian Seniors Festival focuses on providing fun and good times with opportunities to participate in events and activities for free or low cost throughout October each year. For programming and more information visit the Victorian Seniors Festival website.

📍 seniorsonline.vic.gov.au/victorian-seniors-festival

EIGHT DAYS OF FREE PUBLIC TRANSPORT

Victorian Senior Card holders are being encouraged to get back out there and enjoy Victoria with eight days of free public transport week will run from 6 to 13 October. Free public transport is available to all Victorian Senior Card holders who will be able to jump on public transport for free to visit attractions across Melbourne as well as regional and rural locations for a variety of exciting activities and attractions.

Find out more:

📞 1800 800 007

📍 ptv.vic.gov.au

Community information

AGED ACCESS AND INCLUSION SERVICE

We provide a range support and assistance to older people and their carers through delivering social support programs, the hop on and hop off community bus service and meals support services. We also work with local services and groups to link older people into the Aged Care Service System, disability services and a range of local services and supports that are needed to remain independent at home and to actively participate in the community. Our new Community Connector service can assist in linking you into programs and activities within the local area, as well as provide information around accessing aged care services. To access this Community Connection service, please contact us on 03 9209 6882 so that we can respond to your questions.

COMMUNITY DIRECTORY

Meaningful connections between people are really important for good health and wellbeing. The new Community Directory is a resource for people experiencing social isolation and looking to reengage in activities and programs with the local community. With over 220 listings, it supports individual community members with information about social opportunities in the area and service providers and community groups with referral resources and network opportunities.


You can find the Community Directory on the City of Port Phillip website.

 portphillip.vic.gov.au/community-directory

LINKING NEIGHBOURS SENIORS REGISTER

Join the City of Port Phillip's Linking Neighbours Seniors Register. It's free to join and a great way to meet local people. Open to City of Port Phillip residents. The Seniors Register is a database of details that can be accessed in an emergency by emergency services and the Linking Neighbours program is a social activity program that provides outings and activities for over 55's.

To request an application form by calling the Community Building Officer:

 ASSIST 03 9209 6777

 linkingneighbours@portphillip.vic.gov.au

JOINING THE LIBRARY IN THE CITY OF PORT PHILLIP

Membership to the Port Phillip Library Service is free to anyone, whether you live in the municipality or not. Join at a branch or join online.

Library enquiries


 St Kilda 9209 6655

 library.portphillip.vic.gov.au

Home Library Service

Want to borrow from the library but can't visit one of our branches due to ill health, frailty or a disability? Our Home Library Service brings the library to you!

Contact Home Library Service:

 03 9209 6652

PORT PHILLIP FREE COMMUNITY TRANSPORT

The City of Port Phillip has a free hop on hop off community bus service that provides transport to the community. The hop on hop off bus service currently operates Monday to Friday 8.30 am to 3 pm. There are over 150 community transport bus stops between Caulfield Hospital, Elwood, South Melbourne Market, Alfred Hospital and St Kilda Library.

Contact our Community Transport Team:

☎ 03 9209 6223

✉ portphillip.vic.gov.au/community-bus

SOUTH PORT DAY LINKS (SPDL)

SPDL is a not for profit organisation that has provided volunteer services to residents of the City of Port Phillip for over 25 years. We aim to help residents maintain their social connections and support their ability to live independently.

☎ 03 9646 6362

✉ info@spdl.org.au

🌐 spdl.org.au

Seniors groups in Port Phillip

PORT PHILLIP LIFE ACTIVITIES CLUB

The club is for over 45s and covers Port Melbourne, South Melbourne, Albert Park, Middle Park, St Kilda and Elwood. Enquire about membership at

☎ 0421 073 041

✉ membership@lifeportphillip.org.au

PORT MELBOURNE PROBUS CLUB

Port Melbourne Probus club is for active retirees living in the Port Phillip area. The club meets every fourth Friday morning at the South Melbourne Community Centre, 1 Ferrars Place, South Melbourne where they socialise and listen to a variety of interesting speakers. Events and outings are arranged throughout the year.

Prospective new members are welcome.

✉ port.probus@gmail.com

PORT PHILLIP MEN'S SHED ASSOCIATION

Port Phillip Men's Shed Association (PPMSA) welcomes new members and suggestions about activities that may be of interest to you.

✉ info@ppmsa.org.au

UNIVERSITY OF THE THIRD AGE - U3A PORT PHILLIP

Offers many courses to help stay mentally active. There are no academic entry requirements and the annual membership fee gives you access to the courses.

☎ 03 9696 3495

✉ u3app@u3app.org.au

SENIORS FESTIVAL 2024

1 to 14 OCTOBER

