



CITY OF PORT PHILLIP
presents

Seniors Festival

October 2020

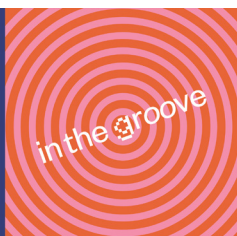
Participate
and enjoy

FESTIVAL PROGRAM

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.

All events for the 2020 Seniors Festival are free!

Victorian
Seniors
Festival
Reimagined
2020



POSTCARD PRO-JECT

What's in the letterbox? Is it a bill? Junk mail? No it's a postcard!

presented by City of Port Phillip

Let someone know your thinking of them. Throughout July many Port Phillip residents have received postcards promoting the Seniors Festival. The Postcard Pro-ject expands this activity by providing a postcard kit to create your own postcards to send during October. The postcard kits include materials to make your own creative postcards to send on to family and friends.

To receive a postcard kit in the mail

☎ 03 9209 6260 or 0403 904 092

✉ sherridan.green@portphillip.vic.gov.au

Linking Neighbours supported by

 **Bendigo Bank**

Community Bank
Elwood

WRITING AWARDS

Port Phillip Writes: Seniors Festival Writing Awards 16th year

presented by City of Port Phillip

When Sunday 18 October

Online from 2 pm to 3 pm

Where Live online

Bookings essential

Register by Friday 16 October
to get link

☎ 03 9209 6260 or 0403 904 092

✉ sherridan.green@portphillip.vic.gov.au

Join us for this enjoyable session of literature including the announcement of the Judges Awards. Special guests will read sections of writers' entries including a special tribute to Lesley Greagg, Older Persons Consultative Committee member, Writing Awards Judge and MC for the past 15 years. Supported by Readings St Kilda.

my reading life

a community exhibition online



presented by Port Phillip Heritage Centre

When Opens Thursday 15 October

🌐 heritage.portphillip.vic.gov.au

Enquiries

☎ 0466 944 505

✉ artheritage@portphillip.vic.gov.au

Browse through a wonderful collection of book titles selected by residents in response to a call for books that have inspired, enthralled or have a significant place in the readers life.



CITY OF PORT PHILLIP OLDER PERSONS CONSULTATIVE COMMITTEE

Now in its 20th year

The Older Persons Consultative Committee (OPCC) was appointed by Council in the year 2000 to be its main advisory body on all issues affecting older residents living in the City of Port Phillip. With committee members encompassing a wide range of backgrounds and views, the OPCC is an accessible and impartial group celebrating its 20th year.

We want to hear from you!

Do you have any concerns or great ideas that would improve the lives of older people?

Contact

☎ Laura Cattapan via
ASSIST 9209 6777

✉ lcattapan@portphillip.vic.gov.au

📍 City of Port Phillip, Private Bag 3,
PO St Kilda, VIC 3182

Live online one-off events by date

Musical Afternoon Sing-a-long

presented by Elwood and St Kilda
Neighbourhood Learning Centre

When Thursday 8 October
from 1.30 pm

Where Online

Bookings essential

☎ 03 9531 1954 or email by

Monday 5 October to get the link

✉ education@esnlc.com.au

🌐 esnlc.com.au

Join the Elwood Musical Sing-a-long! A local musician will be singing well-known songs from a variety of countries and traditions. Contributing your voice to the multicultural sing-a-long is encouraged.

Join via Zoom to the Festival of Harvest (Succot)

presented by National Council of Jewish
Women (Victoria) Community Services

When Thursday 8 October
from 2 pm

Where Online via Zoom

Bookings essential

☎ Nellie 0425 732 325 or

NCJWA 03 9044 5409

or email by Wednesday

7 October to get the link

✉ nellie.koroshina@ncjwavic.org.au

Golden Age Club Members together with National Council of Jewish Women will showcase the Festival of Harvest Celebration (Succot) to the wider Port Phillip community. Join us for dancing to live music by some talented Russian musicians.

Saturday Seminar – The Palace Letters: why are they important to 21st century Australians?

hosted by U3A Port Phillip (U3APP)

When Saturday 10 October
from 2.30 pm to 3.30 pm

Where Online via Zoom

Bookings essential –

Open to general public

📍 u3app.org.au/events/2020-port-phillip-seniors-festival-saturday-seminar/

Presented by Emeritus Professor Jenny Hocking. Professor Hocking has recently gained access to the letters exchanged between the then Governor-General, Sir John Kerr and the English Court.

AVWSU Seniors Celebration

hosted by Victorian Association of WW2 Veterans of former Soviet Union

When Monday 12 October
from 5 pm to 6.30 pm

Where Online via Zoom

Link us02web.zoom.us/j/87074926699

Meeting ID 870 7492 6699

Enquiries

📞 Faina Shabshai on 0421 426 313

📧 info@avwsu.org

To celebrate we will come together with our choir singing Russian and international songs.

Senior Russians Spring Festival

hosted by The Association of Former Inmates of Nazi Concentration Camps and Ghettos from the Former Soviet

When Sunday 18 October from
5 pm to 6 pm

Where Online via Zoom

Bookings essential

📧 aron.vinkler@outlook.com

The Senior Russians Spring Festival will present a showcase concert featuring the Russian cultural tradition of celebrating the spring season.

Crime and cocktails with B M Carroll

presented by Sisters in Crime

When Friday 16 October from
6 pm to 7 pm

Where Live online

Bookings online by 4 pm Friday
16 October

📍 crime-and-cocktails.eventbrite.com

Enquiries

📞 ASSIST on 03 9209 6777

B M Carroll will be talking to Tara Mitchell about her latest book. *Who We Were* (Allen & Unwin, 2020) is a suburban noir thriller about a school reunion that goes badly wrong. Bring out your inner mixologist – bloody or virgin, cocktail or mocktail – and watch this live, online event.

It's been twenty years. But not all is forgiven. As the reunion nears, anonymous threats are made and a terrible event that binds the group together resurfaces. Everyone, in their own way, is guilty and someone wants revenge ... Liane Moriarty declares this book 'intriguing, compelling and impossible to put down'. If you can't make this special event, you can still watch online via sistersincrime.org.au after 20 October.

It's all Greek cooking to me

Explore the delicious collection of recipes we have from Greece, just for you.

Recipes that have been passed down from generations, from mother to daughter, from father to son. Take your taste buds from Zakynthos to Kos and then to Peloponnisos. With little effort you too can cook Greek food, here's your chance.

We thank the Greek residents of Port Phillip for sharing their recipes with us.

**To receive the recipes by
post or email:**

📞 03 9209 6260 or 0403 904 092

📧 sherridan.green@portphillip.vic.gov.au

Online watch anytime

Pinaroo Presents 2020

📍 esnlc.com.au/events

Here at Pinaroo Village for the fifth year in a row we are showing you how it's done with a free art documentary about the hidden senior artists and art of Pinaroo. You're invited to view the 25-minute documentary online which showcases local artists from Pinaroo Village, including interviews and artwork in the time of COVID-19.

Dig In Community Gardens

Online via YouTube

- 1 Go to youtube.com
- 2 Search for Dig in Port Melbourne

Walk virtually through the fabulous Dig In Community Gardens and see what crops are currently growing. Listen to an interview with a member of the chook committee who looks after the garden's egg-laying ladies and learn about harvesting honey from Dig In's resident beekeeper. You can also enjoy a tour of the kitchen including the renowned pizza oven where the monthly lunch is prepared. This video includes an aerial view from a drone showing the gardens and its facilities.

Port Melbourne Historical and Preservation Society

Online via YouTube

- 1 Go to youtube.com
- 2 Search for Port Melbourne Historical and Preservation Society

On Tuesday 28 July 2020, unable to meet in person due to COVID-19 restrictions at the time, the Society held its first ever online meeting via Zoom. The topic, 'I Wish I Had Been There', was conceived by Margaret Bride and resulted in eight PMHPS members describing an event in Port Melbourne's history that they wish they had been there to witness.

Exhibitions

Port Phillip Heritage Centre

Enquiries

☎ 03 9209 6795

✉ arheritage@portphillip.vic.gov.au

🌐 heritage.portphillip.vic.gov.au

The Port Phillip Heritage Centre is a place for discovering the objects and stories that make up the cultural heritage of our City.

Speaking Stories

Speaking Stories 1 and 2: digital histories from the Seniors Festival Port Phillip Writes stories.

Locally significant and nationally resonant, watch these online stories about Port Phillip's rich heritage. Stories will be told by local authors from the Seniors Festival Port Phillip Writes publications, including historical photos from the authors and the Port Phillip City Collection.

Carlisle Street Arts Space

Visit the online experience of the Vista exhibition

🌐 tours.immersive.video/tours/vista

In 2020 the City of Port Phillip celebrates 40 years of collecting contemporary art by local artists. Curated by Louisa Scott, Vista brings historical works into conversation with developments in contemporary arts practice. Dating from the 1860s, the exhibition features works that depict recognisable scenes and picturesque panoramas from around our city, unfamiliar views from other places; and landscapes constructed from the imagination.

LINDEN GALLERY

Linden Postcard Show 2020-21

Exhibition dates 7 November 2020 to 31 January 2021

🌐 lindenpostcardshow.com.au

Celebrate the 30th birthday of the iconic Linden Postcard Show! Since 1990, this much-loved open-entry small artwork prize exhibition has been providing artists - from emerging to established - the opportunity to present their artwork on the walls of Linden New Art's beautiful Victorian-era building. Visit the exhibition in the gallery if restrictions allow or join Linden for a range of online events including a virtual opening event, curator tours and artist talks to celebrate 30 years.

To explore a range of online activities and more, visit Isolate with Linden

🌐 lindenarts.org/isolate-with-linden

Gasworks Arts Park

When Tuesday 6 to Sunday 25 October, open from 10 am to 4 pm
Gasworks Farmers Market
17 October, 8 am to 1 pm

Where Angela Roberts-Bird and the Foyer Galleries,
Gasworks Arts Park, 21 Graham Street, Albert Park

Enquiries

☎ 03 8606 4200

🌐 gasworks.org.au

Susan Bowron 'Fundamentals of a life'. Susan's paintings reflect on the profoundness of love, childbirth, family, and at times aims to transport the viewer to unexplored realms.

Rosalind Price 'Place Makings'. Rosalind Price is a city-based maker who craves connection with landscape and natural systems. A forager, fiddler and experimenter, she pursues a tactile, process-led practice, feeling her way towards new forms and ideas. Included in Craft Contemporary by Craft Victoria.

U3APP Online Photographic Exhibition

The Human Experience in the Time of Coronavirus

Explore the exhibition of photographs taken during COVID-19. This exhibition will look at U3A members' experiences of daily life in the pandemic. They've been recording a collection of digital photos capturing the human experience since COVID-19 restrictions were first introduced in March 2020.

🌐 u3app.org.au



Young Love by Maree Moscato



Brian practising social distancing on Pickles Street by Sheila Quairney

Community Information

LINKING NEIGHBOURS SENIORS REGISTER

☎ ASSIST 03 9209 6777

@ linkingneighbours@portphillip.vic.gov.au

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. Proudly supported by the Bendigo Bank.

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.

JOINING THE LIBRARY IN THE CITY OF PORT PHILLIP

Library enquiries

☎ St Kilda 03 9209 6655

@ library.portphillip.vic.gov.au

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.

HOME LIBRARY SERVICE

Library enquiries

☎ 03 9209 6652

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!

SOCIAL SUPPORT AND RECREATION IN THE CITY OF PORT PHILLIP

☎ 03 9209 6738

Provides older residents, people experiencing dementia or who are socially isolated and people with disability the opportunity to participate in recreation and cultural activities.

PORT PHILLIP COMMUNITY TRANSPORT

Bookings essential

☎ Community Transport Team: 03 9209 6223 (weekdays)

@ commbus@portphillip.vic.gov.au

☎ portphillip.vic.gov.au/council-services/transport/free-community-bus

The City of Port Phillip has a free community bus service that gives access from Elwood to Garden City.

SOUTH PORT DAY LINKS (SPDL)

☎ 03 9646 6362

@ info@spdl.org.au

☎ spdl.org.au

SPDL is a not for profit organisation that has provided volunteer services to residents of the City of Port Phillip for over 30 years. We provide transport and help residents maintain their social connections and support their ability to live independently.

PLEASE NOTE: Some services may be temporarily restricted due to COVID

Live online weekly

Studio Joy – Free online Bollywood dance activity and/or free laughter class

When Wednesdays at 10 am, Laughter class – 40 minutes
Wednesdays at 11 am, Bollywood dance activity – 30 minutes

Where Online via YouTube

@ Joshinder@gmail.com

Bookings

- 1 Go to Studiojdance.com.au/wellness
- 2 Scroll to the bottom and hit **SUBSCRIBE** on Studio Joy
- 3 Once subscribed you will have access each week via Studio J Dance YouTube channel

Bollywood dance is wonderful for adding joy and movement to anyone's life. You can participate either sitting or standing. The class is conducted by Joshinder, who has vast experience teaching dance to the senior community, plus Jaya, who is a qualified AHPRA registered physiotherapist. Enjoy laughing everyday, learn how. Together, they are equipped with the knowledge of leading fun and joyful classes.

Womin djeka

Council respectfully acknowledges the Yaluk-ut Weelam Clan of the Boon Wurrung. We pay our respect to their Elders, both past and present. We acknowledge and uphold their continuing relationship to this land.

Rainbow Tick accreditation

City of Port Phillip Aged Care Services 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.



Victorian Seniors Festival October 2020

Victorian Seniors Festival Reimagined 2020



From cabaret, progressive rock and puppetry, to Polynesian laments, gypsy czardas and Zumba dance, this year's Festival has something for everyone! Watch a performance now and get in the groove.

seniorsonline.vic.gov.au/festivalsandawards/watch-now

Victorian Seniors Online – Seniors Card

Get online – tips for connections and devices: computer, home networks, tablets, mobile phones, Face book and internet Security

seniorsonline.vic.gov.au/get-involved/age-friendly-partners-program/tech-savvy-seniors/self-teach-videos

Information also to be found

beconnected.esafety.gov.au/

Free radio broadcasts are available online via Victorian community radio stations until 31 October. Every month a range of new radio programs will be featured, including music and entertainment, radio plays, spoken word, poetry and prose.

Festival program days and times for individual community radio stations will be published via:

- the Victorian Seniors Card on 1300 797 210 to get radio stations and schedules
- seniorsonline.vic.gov.au/festivalsandawards/listen-now
- the September and October issues of The Senior newspaper

Contact Information



- ASSIST 9209 6777
- 9536 2722
- 0432 005 405
- portphillip.vic.gov.au
- City of Port Phillip, Private Bag 3, PO St Kilda, VIC 3182



National Relay Service (NRS)

If you are deaf or have a hearing or speech impairment, you can phone us through the NRS:

TTY users dial 133 677, then ask for 03 9209 6777
Speak and Listen users can phone 1300 555 727 then ask for 03 9209 6777
Go to relayservice.gov.au for more information.



Interpreter services

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 Cantonese	9679 9810
普通话 Mandarin	9679 9858
Ελληνικά Greek	9679 9811
Polski Polish	9679 9812
Русский Russian	9679 9813
Other languages	9679 9814

Please contact ASSIST on 9209 6777 if you require a large print version.

Download a PDF copy of this guide from portphillip.vic.gov.au/seniors-festival