



CITY OF PORT PHILLIP
presents

Seniors Festival

October 2023

FESTIVAL PROGRAM

2023 SENIORS FESTIVAL

City of Port Phillip Seniors Festival is an annual celebration running through October. The festival recognises the valuable contribution people aged 55+ have made and continue to make to our community. All events listed in this program are free of charge unless stated otherwise.

Acknowledgement

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.

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.



For more information and assistance

If you need help getting onto Zoom, using internet browser address (URL) or have other enquiries please contact:

☎ ASSIST 03 9209 6777

🌐 portphillip.vic.gov.au



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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

 **relayservice.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

MUSIC, THEATRE, EXHIBITIONS AND CULTURAL EVENTS



MUSIC AND DANCE

City of Port Phillip presents

THE SENIORS FESTIVAL LAUNCH - THE I LOVE ELVIS SHOW

Rohan Hammit is famous for his Saturday afternoon residency at Claypots in St Kilda. He sings and shakes through the fabulous Elvis era paying homage to the king with songs including Blue Suede Shoes, Suspicious Minds, Polk Salad Annie and many more! Backed by a group of superb musicians and wearing the famous elaborate jumpsuits of the Vegas years, Rohan and band re-defines the word excitement with a high energy show that is simply electrifying. Celebrate positive ageing with an afternoon of live music. Come dressed in your best rock and roll look.



When

1 pm to 3 pm, Sunday 1 October

Where

Middle Park Bowls Club
Canterbury Road, Middle Park

Bookings essential

☎ ASSIST 03 9209 6777 or
Cathy 0481 053 536

✉ SF2023@portphillip.vic.gov.au

MUSIC AND CULTURAL EVENT**MERRY JEWISH HOLIDAY SUKKOT**

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. Presented by Shalom Association Inc.

When

4 pm to 8 pm, Sunday 1 October

Where

Betty Day Community Centre
67 Argyle Street, St Kilda

Bookings essential

☎ 0425 651 106

✉ borysf@gmail.com

MUSIC**CAFÉ DEL PARK**

Sit back and relax as you enjoy the sweet sounds of our Café Del Park and a view across to Albert Park Lake to celebrate the best of living younger with fantastic local talent. Presented by the Grace Retirement Community and the Alba Apartments.

When

1.30 pm to 3 pm

Monday 2 October to Friday 6 October

Where

The Corner Stone Cafe
The Alba, 128 Albert Rd, Albert Park

Bookings essential

☎ 0409 838 027

🖱 bit.ly/44FgRN5

MUSIC**LOTUS CHOIR CONCERT**

Supported by City of Port Phillip, Lotus Choir Concert is a concert of multicultural music, songs and dancing. Refreshments will be served.

When

12 midday to 2 pm, Wednesday 4 October

Where

Betty Day Community Centre
67 Argyle Street, St Kilda

Bookings essential

☎ 0412 318 550

✉ rachel.topchian@bigpond.com

MUSIC**SENIORS FESTIVAL UNIVERSITY OF THE THIRD AGE PORT PHILLIP (U3APP) ART EXHIBITION**

Come see and enjoy various artwork by senior members of Port Phillip. Open to the public, members and subscribers of U3APP. Refreshments served.

When

2 pm to 4 pm, Friday 6 October

Where

The Hall, Mary Kehoe Community Centre
224 Danks Street, Albert Park

Bookings essential

☎ 03 9696 3495

✉ events@u3app.org.au

🖱 rb.gy/szh8y

MUSIC**BEACH BUM BASH**

Beach Bum Bash is a celebration of Summer and Southern California sound that the Beach Boys introduced to the world. The Beach Bum Bash will include afternoon tea with live music for listening and dancing.

When

2 pm to 4 pm, Friday 6 October

Where

Sacred Heart Community
101 Grey St, St Kilda

Bookings essential

☎ 0467 760 170

✉ shcomlifestyle@sacredheartmission.org

MUSIC**CASPA CARE ANNUAL CONCERT**

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

When

2 pm to 3 pm, Sunday 8 October

Where

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

Bookings essential

☎ 0418 556 337

✉ icm@netspace.net.au

MUSIC**SUKOT CONCERT 2023**

Come and celebrate the Jewish festival of Sukkot. Listen to a talk about the significance of this cultural and religious event and enjoy a concert performance and traditional food. This festival is about rejoicing and celebrating life with the community.

When

4 pm to 7 pm, Sunday 8 October

Where

Betty Day Community Centre
67 Argyle Street, St Kilda

Bookings essential

☎ 0423 840 717

✉ rayabolot@gmail.com

DANCE**HOPPA HEY**

Come and enjoy a fun program of dance, movement and games that enhances balance, coordination, and memory. Presented by University of the Third Age Port Phillip (U3APP) .

When

11.30 am to 1 pm, Tuesday 10 October

Where

South Melbourne Community Centre
1 Ferrars Pl, South Melbourne

Bookings essential

☎ 9696 3495

✉ events@u3app.org.au

🖱 rb.gy/n9e79

THEATRE

THE RISING STARS OF DANCE AND DRAMA

Taking place at the historic National Theatre in St Kilda, come see this 45-minute performance of dance and drama by preprofessional students of the National Ballet and Drama Schools – our rising stars of stage and screen.

Presented by the National Theatre and supported by City of Port Phillip, this event will ensure you feel connected to the iconic National Theatre building and institution in the vibrant community of St Kilda.

Tea, cake and biscuits will be served.

**When**

10 am to 11.30 am, Tuesday 10 October

Where

The National Theatre
20 Carlisle Street, St Kilda

Bookings essential

☎ 03 9525 4611

✉ boxoffice@nationaltheatre.org.au

MUSIC

SENIORS FESTIVAL SHOWCASE OF MUSIC

Presented by U3APP, this event presents an interactive music showcase by various music groups and male choir.

When

2 pm to 4 pm, Thursday 12 October

Where

The Hall at Mary Kehoe Centre
224 Danks Street, Albert Park

Bookings essential

☎ 03 9696 3495

✉ events@u3app.org.au

🖱 bit.ly/44BhuHq

MUSIC AND CULTURAL EVENT

INSPIRATION FOR LIFE CONNECTING TO COMMUNITY

Supported by City of Port Phillip, this Russian speaking cultural event includes videos and music and is designed to expand the minds of the community and promote inclusivity and connectedness.

When

12 midday to 5 pm, Saturday 14 October

Where

Betty Day Community Centre
67 Argyle Street, St Kilda

Bookings essential

☎ 03 9806 1625

✉ lidiya02@outlook.com

AWARDS, DISCUSSIONS AND WORKSHOPS



WORKSHOP**ART ATTACK**

Bring out your inner creativity! In this introduction workshop you will have the opportunity to create art by learning different techniques. No prior art experience necessary. This Art Attack workshop is delivered by Creative Arts Therapist Zoe Arnott.

When

10 am to 12 midday, Monday 2 October

Where

Port Melbourne Library
333 Bay Street Port Melbourne

Bookings essential

- ☎ ASSIST 03 9209 6777 or
- ☎ Cathy 0481 053 536
- ✉ SF2023@portphillip.vic.gov.au

DISCUSSION**THE HEALTHY LIVING SEMINARS**

The Grace Retirement Community and the Alba Apartments present a series of health and wellness workshops designed to help you live your best life.

When

10 am to 11.30 am, Monday 2 October to Friday 6 October

Where

The Studio, next door to
The Grace Retirement Living
128 Albert Rd, Albert Park.

Bookings essential

- ☎ Damian 0409 838 027
- ✉ drocks@australianunity.com.au
- 🔗 bit.ly/45UliTP

DISCUSSION**CELEBRATING OLDER WOMEN**

Join Dr. Maggie Kirkman in discussing her new book **Time of Our Lives** that presents the extraordinary lives of ordinary women in their seventies, eighties and nineties. The first collection of its kind in Australia, it demonstrates the rich lives led by 20 women of diverse backgrounds.

When

6.30 pm to 7.30 pm, Tuesday 3 October

Where

St Kilda Library
150 Carlisle Street, St Kilda

Bookings essential

📞 Emma 03 9209 6655

✉ emma.black@portphillip.vic.gov.au

🖱 trybooking.com/CKCBF



WORKSHOP

MEMOIR WRITING

Susan-Gaye Anderson, who worked as a presenter in the early pioneering days of television, will share skills and tips on writing to help and motivate you to create a lasting memoir or fiction.

When

10 am to 11 am, Thursday 5 October

Where

St Kilda Library
150 Carlisle Street, St Kilda

Bookings essential

☎ Cathy 0481 053 536

✉ SF2023@portphillip.vic.gov.au

DISCUSSION

GETTING YOUR WRITING OUT THERE

Join freelance writer and emerging author **Elizabeth Quinn** and **Graeme Simsion** – author of **The Rosie Project** – in exploring the avenues available for older writers to have their voices heard; from blogs, to newsletters, to news outlets and publishing companies.

When

11.30 am to 12.30 pm, Thursday 5 October

Where

St Kilda Library
150 Carlisle Street, St Kilda

Bookings essential

☎ Cathy 0481 053 536

✉ SF2023@portphillip.vic.gov.au

DISCUSSION

THE SATURDAY SEMINAR

Join writer and lecturer Dr Michael Adcock, specialist in French art and history, in discussing the importance of French artist Pierre Bonnard.

When

2.30 to 3.30 pm, Saturday 7 October 2023

Where

Online meeting on Zoom.

Bookings essential

☎ 03 9696 3495

✉ events@u3app.org.au

🖱 bit.ly/44JkEIV

WORKSHOP

CREATE A DIGITAL STORY

In this online workshop, learn new skills like how to capture and upload images, add images to Word documents and other digital techniques using your phone or computer. Please bring a memento or photo with a story in mind that you would like to capture and share.

When

10 am to 12 midday, Wednesday 11 October

Where

St Kilda Library, 150 Carlisle Street, St Kilda

Bookings essential

☎ Cathy 0481 053 536

✉ SF2023@portphillip.vic.gov.au

DISCUSSION

FRIENDS WITH A FIRIE AND COFFEE WITH A COP

Join us for a session with representatives from Victoria Police and Fire Rescue Victoria who discuss feeling safe in public spaces and other tips for older people to be prepared for emergencies and home security.

When

2 pm to 4 pm, Wednesday 11 October

Where

St Kilda Library, 150 Carlisle Street, St Kilda

Bookings essential

☎ Cathy 0481 053 536

✉ SF2023@portphillip.vic.gov.au

DISCUSSION

OZHARVEST

Enjoy a free light lunch and information session about OzHarvest on the topical issues of food waste and food insecurity globally and in Australia. Enjoy the benefits of meeting others in your community who are like-minded, including some of OzHarvest's existing volunteers and staff members.

When

11 am to 1 pm, Friday 13 October

Where

3/49 Bertie St Port Melbourne

Bookings essential

☎ Sherri 0490 092 874

✉ cfacmelbourne@ozharvest.org

🖱 bit.ly/3Pq4Bvk

AWARD

SENIORS FESTIVAL 19TH WRITING AWARDS

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

3.30 pm to 5 pm, Friday 13 October

Where

St Kilda Town Hall
99a Carlisle Street St Kilda

Bookings essential

☎ Simone 03 9209 6260 or 0403 904 092

✉ portphillipwrites@portphillip.vic.gov.au



SPORTS AND TOURS



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 1 October

Where

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

Bookings essential

☎ Henry 0400 435 234

✉ hmichaelsen@bigpond.com



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 1 October:

- 9.45 am to 12 midday
- 12 midday to 3 pm

Where

Elwood Croquet Club
33 Head Street, Elwood

Bookings essential

☎ 0490 312 810

✉ elwoodcroquet@gmail.com

SPORT**SENIORS TABLE TENNIS**

Get fit and meet new people through playing table tennis. Basic coaching available on the day.

When

10 am to 12 midday
Wednesday 4 October and 11 October

Where

Melbourne Sports and Aquatic Centre
30 Aughtie Drive, Albert Park

Bookings essential

☎ Robert 0422 380 688

✉ robertk36@hotmail.com

SPORT**BOWLED GOLD**

The Grace Retirement Community and the Alba Apartments present a gold-themed bowling competition. There will be awards for the competition, best-dressed and trivia.

When

Monday 9 October
12 midday to 4 pm for bowling competition
3.15 pm to 3.45 pm for awards show

Where

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

Bookings essential

☎ Damian 0409 838 027
✉ drocks@australianunity.com.au

SPORT**THE SECRET OF CIRCULATION**

Explore the ancient traditions of massage, yoga and acupressure as you learn simple techniques designed to boost your circulation.

When

1 pm to 3 pm, Friday 13 October

Where

The Alba Apartments gym

Bookings essential

☎ Damian 0409 838 027
✉ drocks@australianunity.com.au
🔗 bit.ly/3P2iwqc

SPORT**DISCOVER CHAIR YOGA**

The Grace Retirement Community and the Alba Apartments present an online chair yoga session. Discover how simple, safe and effective chair yoga can be for getting you moving and the blood pumping. A great way to improve flexibility and strength without needing to leave your home.

When

10 am to 10.30 am, Friday 13 October

Where

Zoom. Link will be sent after booking

Bookings essential

☎ Damian 0409 838 027

✉ drocks@australianunity.com.au

🖱 bit.ly/481V7O7



SPORT**CREW ROWING FOR OVER 55**

Presented by Y Rowing Centre, come and try the sport of crew rowing in a safe and friendly atmosphere. Instructors and assistance/companion rowers will all be mature age members of the club. Rowing is a low impact sport, which people can enjoy at any age. Includes morning tea.

When

9.45 am to 12 midday, Saturday 14 October

Where

The Park Events (formerly Powerhouse)
36 Lakeside Drive, Albert Park

Bookings essential

☎ 03 9592 2147

✉ yrowingcentre@hotmail.com

SPORT**BOWLING IN THE GARDENS**

Come and try bowls in our splendid 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 15 October

Where

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

For more information

☎ 03 9690 3592

✉ secretary@albertparkbowlsclub.com.au

COMMUNITY INFORMATION



VICTORIAN SENIORS FESTIVAL

The major state-wide festival for Victorians over 60, 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

🖱️ bit.ly/3Z3bMN7

**Victorian
Seniors
Festival
2023**

Free public transport

Victorian Senior Card holders are being encouraged to enjoy Victoria with eight days of free public transport from 1 to 8 October 2023.

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 at ptv.vic.gov.au or call 1800 800 007

COMMUNITY DIRECTORY

Meaningful connections between people are 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. It's also a great resource for service providers, community groups and network opportunities.

For more information

 [portphillip.vic.gov.au/
community-directory](https://portphillip.vic.gov.au/community-directory)

LINKING NEIGHBOURS SENIORS REGISTER

Linking Neighbours is a social activity program that provides outings and activities for over 55's, and is a great way to meet local City of Port Phillip residents.

The Seniors Register is a secure database of details that can be accessed in an emergency situation by emergency services.

For registration and more information

 ASSIST 03 9209 6777

 linkingneighbours@portphillip.vic.gov.au

PORT PHILLIP LIBRARY COMMUNITY

Membership to the Port Phillip Library Service is free for anyone. Join at a branch or online. Our Home Library Service now offers home deliveries.

For more information on libraries or the Home Library Service:

☎ ASSIST 03 9209 6777

🖱 library.portphillip.vic.gov.au

PORT PHILLIP COMMUNITY BUS

City of Port Phillip operates a free, accessible bus service. Book your ride and hop on at one of the many designated pick-up points throughout the City.

For booking and more information:

☎ Community Transport team
03 9209 6223

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

PORT PHILLIP SENIORS CLUBS

University of the Third Age - U3A Port Phillip

U3A offers many courses to help you stay mentally active. There are no academic entry requirements and the annual membership fee gives you access to courses.

For more information:

☎ 03 9696 3495

✉ u3app@u3app.org.au

🖱 u3app.org.au

Port Melbourne Probus Club

A club for active retirees living in the Port Phillip area. Meetings are held every fourth Friday morning at Southport Centre. Meetings feature a variety of interesting speakers. Events and outings are arranged throughout the year.

For more information

✉ port.probus@gmail.com

PORT PHILLIP SENIORS CLUBS

St Kilda Probus Club

A social club for active retirees that meets on the first Monday of each month to hear from a variety of guest speakers. On the third Monday of every month, members travel to places of interest, stopping on the way for a picnic, morning tea and pub lunches.

For more information

☎ Nic 0410 553 993

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.

For more information

☎ 0421 073 041

✉ membership@lifeportphillip.org.au

Port Phillip Men's Shed Association (PPMSA)

PPMSA welcomes new members and suggestions about activities that may be of interest to you.

For more information

✉ info@ppmsa.org.au

SOUTH PORT DAY LINKS (SPDL)

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

For more information:

☎ 03 9646 6362

✉ info@spdl.org.au

🖱 spdl.org.au



 **ASSIST** 03 9209 6777

 portphillip.vic.gov.au