

YOUR Voice

City of Kingston Senior's Newsletter

May 2022

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SENIOR SERVICES EXPO



After a two-year delay due to COVID, we are very excited to be hosting Kingston's first Senior Services Expo!

The Expo will provide an opportunity to meet organisations delivering services in the Kingston area. Approximately 30 service providers will be available to answer your questions and provide promotional materials.

Date: Tuesday 22 November 2022

Time: 10am–3pm

Location: Kingston City Hall, Grand & Banquet Hall, 979-985 Nepean Hwy, Moorabbin VIC 3189 (walking distance from Moorabbin train station and bus depot)

For all enquiries, please call Social Inclusion Officer on ☎ 9581 4948 or ☎ 0409 767 438 or email ✉ alina.urbanczyk@kingston.vic.gov.au.

Transport Information Sessions

The 2022 series of transport information sessions will commence in May.

The sessions are for people who due to health conditions have limited access to public transport. Information provided at the sessions will include Multipurpose Taxi Program (half price taxi card program), Kingston Community Bus service, Fast Taxi Cards, Companion Card and other topics related to assistance with transport.

Come and join one of the Information Sessions:

Monday 23 May, 11am–12pm

Westall Community Hub, 35 Fairbank Rd, Clayton South
(Fairbank Room, upstairs, lift available)

Tuesday 24 May, 11am–12pm

Chelsea Activity Hub, 5 Showers Ave, Chelsea

Wednesday 25 May, 10.30am–11.30am

Retirement Village Aveo Kingston Green, 62 Cavanagh St, Cheltenham (only double vaccinated visitors allowed)

Wednesday 8 June, 10.30am–11.30am

Retirement Village Aveo Freedom Sandringham, 15–25 George St, Sandringham (only double vaccinated visitors allowed)

For bookings, assistance with an interpreting service and/or assistance with transport, please contact Social Inclusion Officer on ☎ 9581 4948 or ☎ 0409 767 438 or by email ✉ alina.urbanczyk@kingston.vic.gov.au.

Celebrating Kingston Centenarians

After a two-year break due to the COVID-19 pandemic, on 16 September 2022 Kingston Council will host again the 'One Hundred Years of Memories Luncheon' to celebrate the lives of Kingston residents who have reached the milestone of 100 years.



The Centenarians and two of their family members or friends will be invited to the luncheon. Kingston Mayor Steve Staikos will present our Centenarians with a commemorative certificate and gift.

If you, your family member or friend will celebrate a 100th birthday in 2022 or in the beginning of 2023, or are over 100 years of age, please contact Social Inclusion Officer on ☎ 9581 4948 or ☎ 0409 767 438 or email ✉ alina.urbanczyk@kingston.vic.gov.au for more information and to register. All Centenarians who registered for the 2021 event do not need to register again. The event is subject to Victorian Government COVID regulations for public events.

Music Activities in

Scientists confirm that listening to music benefits us individually and collectively.

Research has proven that music improves our physical, mental, and emotional health. Music remains a powerful way of uniting people, for example national anthems connecting crowds at sporting events. Music can lead to better learning and has a positive effect on our memory. Music lightens our mood, reduces anxiety and depression, decreases fatigue, improves our response to pain, and boosts our exercise performance. For more information, please visit [healthline.com/health/benefits-of-music#physical-benefits](https://www.healthline.com/health/benefits-of-music#physical-benefits).

When we talk about music, we cannot forget about dance. Research demonstrated that benefits of dancing can include improved condition of our heart and lungs and increased muscular strength, endurance, and motor fitness. Dance improves muscle tone and helps with weight management. The benefits from dancing also include stronger bones and reduced risk of osteoporosis, better coordination, agility and flexibility, and improved balance. Dancing not only increases our physical confidence but also improves our mental functioning, general and psychological wellbeing, builds greater self-confidence and better social skills. For more information, please visit [betterhealth.vic.gov.au/health/healthyliving/dance-health-benefits](https://www.betterhealth.vic.gov.au/health/healthyliving/dance-health-benefits).

Kingston Council Community Bus transport to Libraries

Kingston City Council Community Bus fortnightly visits to Cheltenham, Parkdale and Chelsea Libraries are back! Join us for afternoon tea, good company and maybe a book or film recommendation or two. Contact AccessCare on ☎ 1300 819 200 to find out more.

Kingston

Some local music and dance opportunities:

Aspendale Senior Citizens Club

151A Station St, Aspendale

Monday concerts (live music), tea/dance, line dancing. Contact: Sheila ☎ 9772 5639

Cheltenham Community Centre

8 Chesterville Rd, Cheltenham

Zumba Gold, line dancing. Ph: ☎ 9583 0095

Chelsea Activity Hub

3-5 Showers Ave, Chelsea

Wednesday ballroom dancing (no partner required) and Wednesday line dancing.

Contact: Angela on ☎ 0411 148 313

Carrum Activity Hub

38 Valetta St, Carrum

Monday line dancing. Contact: Angela

☎ 0411 148 313

Italian Senior Citizens of Kingston

“La Baracca”

30-36 Ross St, Heatherton

Monthly Saturday dinner/dance and monthly Sunday lunch/dance. Contact: Mary

☎ 0414 483 582

Senior Citizens of the Freccia Azzurra Club

784-796 Springvale Rd, Braeside

Monthly lunch/dance. Contact: Antonietta

☎ 0414 922 797

Cosenza Senior Citizens Club of Kingston

Clarinda Community Centre,

58 Viney St, Clarinda

Monthly lunch/dance. Contact: Silvana

☎ 0414 478 053

Avelino Circolo Pensioners of Springvale

25 James St, Clayton South

Lunch/dance. Contact: Angela ☎ 0417 505 176

Valguarnera Italian Social Club

621 Heatherton Rd, Clayton South

Monthly lunch/dance. Contact: Sandy

☎ 0423 434 561

Kingston University of Third Age (U3A)

Court House, 37 Albert St, Mordialloc

Karaoke, choir, ukulele classes.

Contact: U3A Office ☎ 9580 8328

Southern Music Club (Moorabbin Seniors Club)

964 Nepean Hwy, Moorabbin

New members welcome, either as an audience or as a performer. Contact: Peter

☎ 0407 817 038.

kingstonarts

Kingston Arts Centre, 979 Nepean Hwy, Moorabbin
Ph 9556 4440



**KINGSTON
MOVIEHOUSE**

**Monday Mornings,
10am, March–December**
*(excluding public holidays
and throughout October).*

\$25 yearly membership.
Sit back, relax and enjoy a
journey through classic and

contemporary film. Enjoy a cuppa and a chat in the company
of fellow film fans.

☑ kingstonarts.com.au/PUBLIC-PROGRAMS/Moviehouse

Upcoming events:

Sharon & Slava Grigoryan – Our Place

Sunday 22 May, 3pm

Sharon & Slava Grigoryan perform
works from their debut album ‘Our
Place’, nominated for Best Classical
Album at the 2020 ARIA Awards.

☑ [kingstonarts.com.au/PERFORMANCE/
MUSIC/Sharon-Slava-Grigoryan](http://kingstonarts.com.au/PERFORMANCE/MUSIC/Sharon-Slava-Grigoryan)



HEARTH – Theatre Performance

Wednesday 15 June, 11am and 7.30pm

It’s the 7th of February 2009 – forever
known in Australian’s history as ‘Black
Saturday’. It’s also Tom Robinson’s
18th Birthday. Tensions start to rise
between Tom and his older brother
Mathew, along with the temperature
outside.

☑ [kingstonarts.com.au/PERFORMANCE/
All-Performance/Hearth](http://kingstonarts.com.au/PERFORMANCE/All-Performance/Hearth)



Kutcha Edwards – Circling Time. Songs & Stories

Friday 24 June, 7.30pm

Performance by renowned Aboriginal
singer/songwriter and proud Mutti
Mutti and Nari man.

☑ [kingstonarts.com.au/
PERFORMANCE/MUSIC/Kutcha-Edwards](http://kingstonarts.com.au/PERFORMANCE/MUSIC/Kutcha-Edwards)



Return yourself to the library

Revive lost hobbies, or rediscover a love of learning, with collections of books, DVDs, CDs, magazines, audiobooks, and more.



Your local library also provides programs, events, and online resources for the whole family to discover. Return yourself to Kingston Libraries and rediscover creativity, community, and the collection.

An Introduction to Gardens for Wildlife

Tuesday 24 May, 7pm–8.30pm

Chelsea Library, 1 Chelsea Rd, Chelsea

Would you like to attract more bees, birds, lizards, butterflies and other creatures to your garden? Come and join this presentation about habitat gardening and the key elements that will help you attract more local wildlife. Presented by Kingston Council's Gardens for Wildlife Officer and Community Gardens Co-ordinator. Bookings required. Book online at kingston.vic.gov.au/library-events, by phoning ☎ 1300 135 668 or ask at your local library branch.

Beginners Composting, Worm Farming and Bokashi workshop

Saturday 28 May, 10am–11.30am

Dingley Village Library, Harold Box Hall, 31C Marcus Rd, Dingley Village

This workshop will discuss the environmental benefits of organic recycling as well as how to set up and maintain each system, how to use the end product and basic troubleshooting.

Presented by Kingston Council's Waste Education Officer. Bookings required. Book online at kingston.vic.gov.au/library-events, by phoning ☎ 1300 135 668 or ask at your local library branch.

Regular Programs

Kingston Libraries have a number of small group activities running regularly at the branches, including brain training, informal book chats, book groups, craft mornings, technology support and more. For more information about any of these programs check out their website at library.kingston.vic.gov.au, phone the library on ☎ 1300 135 668 or ask at your local branch. Entry Requirements: Check our website for current library entry requirements library.kingston.vic.gov.au.

New Clubs / New Locations / Re-Openings

Filipino-Australian Seniors Association, Inc. (Fil-AuS)

A fun-loving, newly formed group is a mix of members from different backgrounds including Filipinos, Australians, French and Greek. New members welcome! The Club meets on Saturdays, 1pm–4pm at the Mentone Activity Hub, 29 Venice St, Mentone, where members enjoy lunch and engage in various activities including Zumba, exercises for seniors, information sessions, dancing, Karaoke and sing-along, day trips and picnics in the park, monthly birthday celebration, and other multicultural activities. For more information contact Len on ☎ 0422 440 255.

Keysborough Probus Club

This newly established Probus Club moved to a new location. The Club meets on the first Thursday of the month, 10am–12pm at South-Eastern Masonic Centre, 270 Hutton Road, Keysborough. Activities include socialising, lunch after the meeting (optional), games, walking group, coffee mornings and outings. For more information contact Linda on ☎ 0404 066 894.



Members of Life Activities Club Cheltenham enjoying a bus tour.

Life Activities Club Cheltenham is back!

After two years of COVID disruptions, the Club resumed activities with a Members Luncheon on 18 March 2022. As always, this friendly Club offers a welcoming atmosphere to all aged 55 and over. Activities include badminton, table tennis, walking groups, card games (Bolivia, Cards 500), scrabble, Mah-Jong, outings, and monthly members meetings. The Club meets on various days of the week at Cheltenham East Community Centre, 41 Follett Road, Cheltenham. For more information contact Linda on ☎ 9645 2096.

Connect Health and Gamblers Help



When it comes to gambling harm, we know it can have an impact on the individual, on family members, friends and our community.



People gamble for many reasons. It can start as a fun activity. However, gambling can lead to financial, emotional and social harm to individuals, families and communities. This cost to people is not just the money lost. Gambling is linked to stress, mental illness, depression, relationship breakdown and many other difficulties. This is the story of Carolyn who recovered from gambling addiction after many years of struggle:

In 2016, at the age of 64, Carolyn was sentenced to 18 months in prison for taking money from her employer to pay for her gambling addiction.

"I started gambling regularly in my 50's, at first it was to spend time with a friend, and we enjoyed going out after work for dinner and then play pokies. But soon I was going by myself with thinking that I was playing pokies to relax. When I was feeling stressed or lonely, I would take myself off and sit and play all day," she said.

"I knew it was getting out of hand when I started taking money from the company where I worked. Over seven years I stole more than \$400,000 of the company's money and I have no idea how much of my own money I wasted," she said.

Carolyn said that it was not until she was in prison that she received the help she needed to stop gambling.

"The counselling and support made me realise that I was not alone. I haven't gambled since 2015 and I'm proud of how far I have come," she said.

Carolyn now dedicates her time to raising awareness in the community about gambling harm as a community educator with ReSPIN, a gambling awareness speaker's bureau and member of The Three Sides of the Coin project.

The Community Engagement team at **Connect Health & Community** provides information sessions for community members about gambling harm, signs, stigma, as well as referral pathways for people experiencing gambling harm. To book an information session for a group or for more information about gambling harm, please contact Claire Emmanuel, Community Engagement Officer at: ✉ c.emmanuel@connecthealth.org.au

The **Gambler's Help Southern** program based at Connect Health & Community has been supporting the local community since 1995. Their mission is to raise awareness of gambling harm and support those affected in our community. ☎ **9575 5353**

Support includes a range of free and confidential services such as:

- Counselling (therapeutic and financial)
- Venue support
- Community engagement
- School education.

Volunteer Visitors Program Central Bayside Community Health Services

Cathy and Daphne – Easing the Loneliness



Cathy has been visiting Daphne as a Volunteer Community Visitor for the last seven months. For Daphne, the Community Visitors Scheme (CVS) has become invaluable, as is the friendship that the pair have developed.

"I don't have any family living nearby and spending time with Cathy helps to fill the gap. I enjoy the opportunity to go out and about with Cathy for walks, and sometimes a drive around the local area. We love walking along Church Street, looking at all the shops, especially Carla Zampatti! I can really see all the changes that have taken place over the years.

Cathy and I are both ex nurses and we enjoy chatting about the old days. We also both really enjoy reading and share our books regularly.

I love a sweet treat with a special favourite being the cakes at the Old Schoolhouse Café where Cathy and I often go for our visits." – Daphne

To learn more about the Community Visitors Scheme and becoming a volunteer, or receiving a visitor, contact us at:



Central Bayside Community Health Services Volunteer Office

☎ **9587 0322**

✉ Volunteers@cbchs.org.au

Winter Safety Reminder

With cooler days and nights, we start using heaters and other equipment to stay warm. Please remember to:

- ✓ **Check all heaters** – gas and electric, to make sure that they operate safely.
- ✓ **Ensure that heaters are in a safe, stable location** where people or pets can't accidentally knock them over.
- ✓ **Check electric blankets thoroughly** – inspect it by laying it out flat on the bed, turning it on and checking for hot spots.
- ✓ **Roll electric blankets** rather than fold them when not in use.
- ✓ **Use hot (never boiling) water to fill hot water bottles** and cover them with towel to protect your skin from burns. Or consider using a heat bag.



Staying comfortable at home

Did you know about the range of rebates, discounts and bonus payments for eligible recipients?

Electricity bill discounts

If you have a Pensioner Concession Card, Health Care Card or Veterans' Affairs Gold Card, there is an annual discount of 17.5% off your electricity usage and service costs. People with certain medical conditions can also receive 17.5% off their electricity usage and service costs, including those who use life support machines and between 1 November and 30 April those with medical condition affecting their body's ability to self-regulate temperature, for example multiple sclerosis, lymphoedema, Parkinson's disease, fibromyalgia, post-polio syndrome, or Motor Neurone Disease. To apply, call your electricity retailer or the Concessions information line on **1800 658 521** (toll free).

Gas bill discounts

Over the winter period from 1 May to 31 October each year, there are discounts on gas bills for eligible concession card holders. If you have Pensioner Concession Card, Health Care Card or Veterans' Affairs Gold Card, there is a

discount of 17.5% off your gas usage and service costs. Contact your gas retailer to apply.

\$250 Power Saving Bonus

The Power Saving Bonus is a one-off payment to help eligible Victorian households cover the cost of their energy bills. To be eligible, the person needs to have an electricity account and be a recipient of one of the concession program payments for example pensioner concession, job seeker or other payments. Eligible concession card holders can apply by visiting compare.energy.vic.gov.au until 30 June 2022. Only one payment is available per household.

No Interest Loan Scheme (NILS)

The NILS provides safe, fair and affordable credit to people on low incomes (have a Centrelink health care or pension card or earn less than \$45,000 a year (after tax) for singles or \$60,000 a year for couples or people with dependents. The loan can be used

for essential goods and services, that cost between \$300 and \$1,500. Repayments are set at an affordable amount over 12 to 18 months. For information visit ndh.org.au/debt-solutions/no-interest-loan-scheme/#1 or call **1800 007 007**.

Home Heating and Cooling Upgrades Program

Eligible owner-occupier households with an approved concession card, or with a combined household income of less than \$90,000 can receive \$1,000 rebate to replace an existing gas, fixed electric, reverse-cycle air-conditioner that is older than 7 years, wood heating or no heating with an energy-efficient reverse-cycle air conditioner. To find approved products list, approved suppliers, Buyer's Guide and for comprehensive information about the program visit heatingupgrades.vic.gov.au/#apply-for-an-upgrade. Eligible rental providers can also apply for a rebate, visit the website for information.

For information about activities, or to provide feedback about this newsletter, please contact Alina Urbanczyk, Social Inclusion Officer **1800 9581 4948** or P.O. Box 1000 Mentone, VIC, 3194, or email alina.urbanczyk@kingston.vic.gov.au

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