

YOUR *Voice*

City of Kingston Senior's Newsletter

Autumn 2025

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Your Voice newsletter is moving online

We received a great response from many readers who opted to receive the *Your Voice* newsletter electronically. As a result, we will move the newsletter online in July 2025.

To continue to receive the printed copy – to confirm your subscription, please contact us on ☎ **0409 767 438** or ☎ **1300 653 356** or email ✉ info@kingston.vic.gov.au.

Paper copies will also be available for collection in Kingston Libraries, Community Centres, Neighbourhood Houses and at our Customer Service Desk in Cheltenham.

We are committed to providing you with information about community activities, events, services, important updates and other relevant articles related to seniors and their carers. We will continue to share stories of our clubs, community groups and individuals who make a difference in our community.



Celebrating Kingston Centenarians



On 5 September 2025, the City of Kingston will host the “One Hundred Years of Memories” Luncheon to celebrate the lives of Kingston residents who have reached 100 years of age.

Centenarians and two of their guests will be invited to attend the event, which will include a two-course lunch, a musical performance and a presentation of gifts and certificates by the Mayor.

If you, your family member or a friend will celebrate their 100th birthday in 2025 or is older than 100, please call ☎ **0409 767 438** or ☎ **1300 653 356** or email ✉ info@kingston.vic.gov.au by Friday 16 May 2025 to receive more information and to register for the event.



Transport Information Sessions

These sessions are for people who, due to health conditions, have limited access to public transport.

Information provided at the sessions will include the multipurpose taxi program (half price taxi card program), community bus service, government subsidised transport programs, companion card and other topics related to assistance with transport and socialising.

Monday 5 May
1pm–2.30pm

Clarinda Community Centre,
58 Viney St, Clarinda

Tuesday 6 May,
10am–11.30am

Chelsea Activity Hub,
5 Showers Ave, Chelsea

Wednesday 7 May,
2pm–3.30pm

Moorabbin Activity Hub,
964 Nepean Hwy, Moorabbin

For bookings, contact Council's Community Partnerships and Inclusion Officer on ☎ 0409 767 438, email ✉ community@kingston.vic.gov.au or call ☎ 1300 653 356.

Kingston Community Directory

Are you interested in joining a club or a community group? Would you like to participate in an activity or attend an event?

Our new Community Directory is live on our website. Many community groups and clubs are listed there, with more to be added in the coming months. The Community Group page will help you find a group of interest to you, in your preferred area. You only need to type what you are looking for, select the suburb or category and use the search button.

Visit kingston.vic.gov.au/community-groups to find a group.

There's also an Upcoming Events page where you can see the events listed by date. Search for the events by typing what you are looking for, selecting the date or the period of time, selecting the suburb or category and using the search button.

Visit kingston.vic.gov.au/upcoming-events

Not-for-profit organisations providing services to Kingston residents are encouraged to set up a page on the Community Groups webpage to promote their organisation, event(s) and volunteering opportunities.

SAVE THE DATE

Thursday 12 June, 10.30am–12pm

World Elder Abuse Awareness Day 2025 (WEAAD)

Make sure you save the date for this free event at Glen Eira Auditorium (Cnr Glen Eira and Hawthorn Rds, Caulfield) on Thursday 12 June 2025 from 10.30am–12pm.

The theme this year is ***Your home. Your choice.***

You will hear from experts about what to be aware of when sharing your home with family or friends. Learn tips for starting conversations and setting boundaries to stay safe and in control. Special guest speakers from Better Place Australia and Better Health Network will share expert tips and information, and stallholders will provide details of support services. The session will include a performance by the hilarious Monica Dullard. Morning tea is provided.

Bookings for the event are not open yet. The booking link will be active closer to the date trybooking.com/CYOSD and the Healthy Ageing Team will be taking bookings on ☎ 9524 3255 (this number will be activated when bookings are open).

This event is delivered in partnership with the Glen Eira, Bayside, Monash, Casey and Kingston Councils as well as Southern Melbourne Elder Abuse Prevention Network and Better Place Australia.

Interested in volunteering?

If you would like to find information about volunteering, attend training sessions for community volunteers or learn about opportunities for volunteering in Kingston, please visit kingston.vic.gov.au/community/get-involved/volunteer

If you are interested in volunteering with a preferred community organisation, please visit kingstonjobs.com.au/p/volunteering

If you don't have a computer, please visit your local library and ask librarian for assistance or call our Customer Care friendly team on **1300 653 356**.

Victorian Energy Assistance Program

The Energy Assistance Program is a free service designed to support those who are having trouble paying their energy bills.

The program is delivered in partnership with Anglicare, who work with the community and provide one-on-one assistance (with translation services available) to:

- apply for eligible concessions and grants
- access your retailer's hardship programs
- find, compare and switch energy offers
- understand energy bills and address billing errors
- provide energy saving and efficiency advice
- provide referrals to other services like financial counselling.

For more information, please visit energy.vic.gov.au/households/help-paying-your-energy-bills/energy-assistance-program. If you don't have a computer, please visit a Kingston Library and ask a librarian for assistance. You can also call Energy Assistance Program on **1800 161 215**.

People who make a difference Rotary Clubs, Lions Clubs, Kiwanis

Rotary Clubs bring together people across generations who wish to create lasting change in the world, their communities and themselves. Their projects range from literacy and peace to water and health and much more. They provide services to others through fellowship of business, professional, and community leaders. For more information visit rotary.org/en

Lions Clubs are all about making a difference, but every club does it their own way. Some Lions clubs are on a mission to cure childhood cancer and diabetes, others are committed to assisting those impacted by drought and floods and many are simply working together to help people in need in their local community. For more information visit lionsclubs.org.au

Kiwanis empower communities by making lasting differences in the lives of children to ensure they are provided with support they need to thrive. For more information visit k34.site.kiwanis.org

Our Kingston Rotary, Lions and Kiwanis Clubs deliver projects and provide supports to people in need and strengthen our community. Some examples of their projects include Gnome and Fairy Festival in Mordialloc, supporting leadership programs at schools, 123Read2Me project to hand over books to children in need, supporting local Men's Sheds and Emergency Relief Program providers, cancer research, Wheelchairs for Kids Program, End Polio, InterPlast project funding medical teams to provide treatment and training in Australia's neighbouring countries, and many more.

You and people you know can support their great work by joining a club, volunteer to support their projects, support their sausage sizzle charity events at Bunnings or shop in their local op-shop. In coming months you will be able to find information about individual clubs on our Community Directory, so stay tuned.

Where to find information about activities in Kingston

Kingston Arts Centre

kingstonarts.com.au/home

Libraries

library.kingston.vic.gov.au/whats-on

Community Centres and Neighbourhood Houses

kingston.vic.gov.au/community/activities-and-places/community-hubs

Community Gardens

kingston.vic.gov.au/community/activities-and-places/community-gardens

Senior Clubs and Probus Clubs

kingston.vic.gov.au/services/seniors/positive-ageing#section-5

Elder Rights Australia (ERA)

Elder Rights Australia provides information and direct advocacy support to older people receiving or eligible for Commonwealth-funded aged care services.

ERA services are free, confidential, and independent of government and service providers and include:

- an information and intake line ☎ **1800 700 600**
- assistance with registering and accessing aged care services
- professional advocacy and one-on-one support to ensure that older people receive aged care services which meet their needs
- information, referrals and education to support awareness and prevention of elder abuse. ERA can help with:
 - » Concerns about potential elder abuse while receiving an aged care service
 - » Concerns about potential elder abuse in the community (e.g. financial control, social abuse, physical or psychological abuse).
- ERA also delivers the Aged Care Volunteer Visitors Scheme (ACVVS) program in all areas across Victoria. It is a free service that matches volunteers with socially isolated people living in an aged care home or in their own home and receiving or waiting to receive services through a home care package.

ERA's professional advocates provide education and information sessions to community groups on various aged care-related topics. These include:

- knowing your aged care rights
- balancing rights and risk
- responding to elder abuse.

If you want to volunteer, book an education session, or have any questions about ERA's services, please call ☎ **1800 700 600** or ☎ **9602 3066**.

New Activities

Patterson Lakes Community Centre

54–70 Thompson Road,
Patterson Lakes
☎ 9581 3040

Stronger me

A gentle exercise class using hand weights and bands to help improve balance, increase your range of motion and safely build your strength and mobility. Thursdays, 9.30am–10.30am, \$5 per session.

Line Dancing

Love music? Love to move? Then come along and try our line dancing class, a fun way to get your body moving! Easy to follow and entertaining, line dancing is perfect for all levels of experience and ability. Wednesdays 10am–11am, \$5 per session.

Clarinda Community Centre

58B Viney Street, Clarinda ☎ 8551 1200

Zumba Gold

Do you like to dance? This low-impact, Latin-inspired, easy to follow dance fitness class, is designed for active older adults and beginners. Wednesdays 9.30am–10.30am, \$5 per session.

Chelsea Activity Hub

3–5 Showers Avenue,
Chelsea
☎ 9581 3045

Between the Pages Book Group

Come along and chat with others about a book you've recently read. Tea and coffee provided. 4th Monday of the month, 1pm–3pm, Cost: Free.

Posture Fit

A mat-based exercise class that builds strength, stability and endurance in the muscles that support your core. Bring your own yoga mat. Tuesdays 1.30pm–2.30pm, \$5 per session.

50+ Ladies Social Tennis Group

Le Page Park, Herald St, Cheltenham

Do you like tennis? Are you looking for social connections? The Ladies Social Tennis Group at Le Page Tennis Club meets on Tuesdays to chat over cup of tea, to watch others playing tennis or to play tennis. For more details, contact Michael – the President of Le Page Tennis Club on ☎ **0438 223 323**.

City of Kingston

Inclusive Communities Team, PO BOX 1000 Mentone 3194
✉ info@kingston.vic.gov.au ☎ 1300 653 356

For information about activities, or to provide feedback about this newsletter, please contact Alina Urbanczyk, Social Inclusion Officer ☎ 0409 767 438 or P.O. Box 1000 Mentone, VIC, 3194, or email ✉ alina.urbanczyk@kingston.vic.gov.au