

Positive Ageing Newsletter

FOR PEOPLE AGED 55 YEARS AND OVER LIVING IN LATROBE CITY.

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WELCOME TO THE POSITIVE AGEING NEWSLETTER

This newsletter is a way for you to receive information about events, opportunities to have your say, and find other information about what is happening in Latrobe City Council.

This newsletter is prepared by the Community Connection Officer – Positive Ageing, who assists with connecting members of the community aged 55+ with information and opportunities across Latrobe City Council.

Your feedback about the Positive Ageing Newsletter is valued, so please contact us with your feedback and suggestions on what you would like to see in future editions. Please email latrobe@latrobe.vic.gov.au

DON'T KEEP THE NEWSLETTER TO YOURSELF, SHARE WITH FRIENDS AND FAMILY!

Do you know someone who would like to receive this newsletter?

Encourage them to sign up at www.latrobe.vic.gov.au/Positive_Ageing, or phone Latrobe City Council on 1300 367 700

2024 AUSTRALIA DAY AWARDS WINNERS

To read about all the nominees and winners of the 2024 Australia Day Awards, visit our website: www.latrobe.vic.gov.au/2024_Australia_Day_Award_Winners

Have your say, Latrobe City.

Latrobe City Council wants to hear from you on Council projects and initiatives that interest you. Register now to find out what activities are open for your feedback and information.

Get involved and help shape our future!

Visit our Have Your Say website at:

yoursay.latrobe.vic.gov.au or alternatively paper forms are available from Latrobe City Council Headquarters or any Latrobe City Library branch.



SENIOR CITIZENS CLUBS

Did you know there are numerous Senior Citizens Clubs across Latrobe City that offer a wide variety of activities?

Below is a list of the locations of the Clubs. Phone Latrobe City Council on 1300 367 700 for contact details of each club.

TOWNSHIP	LOCATION
Moe Senior Citizens Club	45 Langford Street, Moe
Moe Combined Pensioners Association	45 Langford Street, Moe
Newborough Senior Citizens Club	29 Boolarra Avenue, Newborough
Yallourn North Senior Citizens Club	Yallourn North Bowling Club, Reserve Street
Morwell Senior Citizens Club	2-4 Maryvale Crescent, Morwell
Morwell East Senior Citizens Club	127 Vary Street, Morwell
Filipino Seniors and Carers Support Group of Gippsland Inc	2-4 Maryvale Crescent, Morwell
Filipino Spags (Samahan Pilipino Australians in Gippsland)	2-4 Maryvale Crescent, Morwell
Monomeath Senior Citizens Club	Victory Park, Traralgon
Traralgon East Senior Citizens Club	Matthews Crescent, Traralgon (Yallambee Traralgon Village for the Aged)



WINTER WELLNESS SERIES

Join in a **FREE** yoga session at **Latrobe Leisure Centres** this winter.

All sessions begin at 10am (45 minute session).

The instructor will guide you through these wellbeing sessions leaving you feeling grounded, centred and calm.

No need to book. Simply bring a mat, towel, drink bottle and dress in warm comfortable attire (blanket optional). Enjoy a complimentary cup of hot soup after your yoga session.

DATES	LOCATIONS
23 June	Latrobe Leisure Churchill Cnr Northways Road and McDonald Way
21 July	Latrobe Leisure Moe Newborough Cnr Old Sale Road and Southwell Avenue
18 August	Latrobe Leisure Morwell McDonald Street
15 September	Latrobe Leisure Churchill Cnr Northways Road and McDonald Way



FREE PUBLIC TOURS

LATROBE REGIONAL GALLERY X GIPPSLAND PERFORMING ARTS CENTRE (GPAC) SATELLITE EXHIBITION

When: Last Wednesday of every month, 11am

Where: Meet at the GPAC Main Theatre Foyer

Come along for a free tour of the current exhibitions featuring at Gippsland Performing Arts Centre.

LATROBE REGIONAL GALLERY EXHIBITION TOURS

When: First Saturday of the month, 2pm

Where: Meet in the Latrobe Regional Gallery foyer

Interested in learning more about the current exhibitions? These free public tours led by one of our experienced tour guides will share insights into the exhibitions so you can get more out of your visit.

For more information visit our website: <https://latroberegionalgallery.com/guided-tours/> or alternatively phone 5128 5700



IMPROVE YOUR DIGITAL LITERACY SKILLS

Learn to navigate the online world safely and with confidence. All sessions are free and offer lots of one-to-one assistance. Bookings required as places are limited.

Intro to Social Media

Traralgon Library 2 to 3.30pm

- Friday 14 June: Video Calling in Messenger
- Friday 21 June: Facebook Scam Prevention

Tech Savvy

Morwell Library 9.30 to 11.30am

- Thursday 13 June: Internet Banking
- Thursday 20 June: Grants
- Thursday 27 June: Library Apps

Library Locations

Morwell Library
63-65 Elgin Street

Traralgon Library
34-38 Kay Street

Churchill Library
9-11 Philip Parade

Moe Library
1-29 George Street

POSITIVE AGEING AWARENESS AND PREVENTION INFORMATION SESSIONS

Awareness and Prevention Information Sessions are aimed at community members who are aged 55+ and focus on raising awareness of services and supports that are available in the community.

The sessions also provide information about health and wellbeing prevention and education.

Book in person at your local library or online through Eventbrite.

For more information contact Teresa Pugliese on 0437 360 268 or email teresa.pugliese@latrobe.vic.gov.au



SESSION DATES, TIMES AND INFORMATION

Wednesday 10 July 2024

11.30am to 2pm

Lunch included at 11.30am

Yinnar and District Memorial Hall
Main Street, Yinnar

- The Aged Care Journey, Services Australia
- Winter Emergency Preparedness and SES Information, SES
- Health Screening, Gippsland Region Public Health Unit

To book your spot visit:

<https://bit.ly/3VkbU9F>

Thursday 8 August 2024

2pm to 4pm

Morwell Senior Citizen Club 2-24
Maryvale Crescent, Morwell

- The Aged Care Journey, Services Australia
- Improving Mental Health and Wellbeing, Mental Health and Wellbeing Local
- Accessible Parking Permit Scheme and Multipurpose Taxi Program, Latrobe City Council

To book your spot visit:

<https://bit.ly/3xhF5Cj>

WHAT'S THE LATEST?

If you live in Latrobe City and need to attend a medical appointment in your region or in Melbourne, Travellers Aid is here for you.

They match you with a trained volunteer to accompany you on public transport, ensuring you reach your appointments safely and comfortably.

You cover your personal transport costs, Travellers Aid takes care of the rest.

Operating Hours

Monday to Friday, 9am to 5pm. Bookings essential.

Book at travellersaid.org.au or call 1300 700 399

STAY IN TOUCH

We welcome your feedback and ideas. Contact Latrobe City Council on 1300 367 700 or email livingwelllatrobe@latrobe.vic.gov.au

The next newsletter will be available in September 2024.



INTRODUCING THE MEMBERS OF THE POSITIVE AGEING COMMUNITY ENGAGEMENT GROUP

Latrobe City Council recently recruited a new Positive Ageing Community Engagement Group.

Group members provide Council with advice and guidance to assist with the development and implementation of the Ageing Well Latrobe Action Plan 2022-2026 and associated actions. The Group also provide Council with input and feedback into the operation of Latrobe City Council services and programs to ensure the needs of our ageing community are considered or addressed.

NOT EVERY DISABILITY IS VISIBLE SOME ARE HIDDEN

MAKING THE INVISIBLE, **VISIBLE**

Latrobe City Council is a proud member of the Hidden Disabilities Sunflower Initiative.

HIDDEN
disabilities 

The Hidden Disabilities Sunflower Initiative is a discreet way to indicate that the wearer (or someone with them) has a hidden disability and may need a little more time, support or assistance. Please speak to one of our friendly staff members for further assistance or enquiries.



For more details scan the QR code or visit the Hidden Disability Sunflower Website.

hdsunflower.com/au

**Latrobe City Council**

Monday to Friday 9am – 5pm
Saturday and Sunday closed

Phone 1300 367 700

Post PO Box 264, Morwell, 3840

Email latrobe@latrobe.vic.gov.au

Website www.latrobe.vic.gov.au

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To obtain this information in languages other than English, or in other formats, please contact Latrobe City Council on 1300 367 700.



Call TIS National for
Interpreting Service
on 13 14 50.