

Positive Ageing NEWSLETTER

For people aged 55 years and over living in Latrobe City

May 2026

Issue 02



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Welcome

This newsletter is a great 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

Opera Australia - Don Giovanni

It's the last day of Don Giovanni's life, but he doesn't know that.

For opera's own Casanova, it's just another day of pleasure seeking. Seducing a bride on her wedding day. Breaking into a woman's bedroom in the dead of night. Killing her furious father.

SHOW TIMES

Tuesday 21 July, 2026 7.30pm	Full Price	\$65
	Child	\$25
GPAC Main Theatre	Concession	\$60
	Access	\$55

DETAILS

Bookings via GPAC Box Office by calling 03 5176 3333 or visit our website.

www.latrobe.vic.gov.au/gpac/events/Don_Giovanni



Meet the Artists

Meet the Artists: Erica Kurec and Lisa Kurec

Saturday 16 May 2026
11am to 12pm

Meet the Artist(s) is a series of free, casual and conversational artist talks, that encourage public participation/interaction, and aim to present a format that is accessible, supportive and empowering to our local community in the Latrobe Valley, as well as communities beyond.

Join Homeground: Continuing Connections, Artists: Erica and Lisa Kurec for a wholesome intergenerational conversation on immigration, their Ukrainian heritage, Gippsland; as a first home for many immigrants, the challenges, and pride that comes with upkeeping family traditions, rituals and celebrations.

For more information visit:
latroberegionalgallery.com



Erica Kurec, *We are here - you are there*, 2001.
Egg tempera Gouache on canvas. 29 x 23 cm.
Photo documentation by Kiera Brew Kurec.

Latrobe Regional Gallery Free Tour



We invite you to join a free guided tour on the first Saturday of every month at 11 am.

Our team will walk you through the current exhibitions and share insights along the way. Free entry, all welcome, no bookings required.

Try something new at your Library

Find social connection with our range of free programs aimed at older adults. Bookings not required.

Blokes & Banter

Moe Library -
first Tuesday of
the month 10am

Good Old Days

Morwell Library -
first Thursday of
the month 10.30am

Afternoon Tea

Moe Library -
fourth Friday of
the month 2pm

Moe Movie Club

second Friday of
the month 2pm

Morwell Movie Club

third Thursday of
the month 2pm

For more information visit:

<https://bit.ly/lcclibrarysocialconnection>



Pictured: Blokes & Banter

Library Tech Help

Unravel the mysteries of technology with personalised guidance at your local library's one-on-one tech help sessions. Bookings essential. 10am to 12noon.

Moe Library

second and fourth Friday of the month

Morwell Library

third Friday of the month

Traralgon Library

first Friday of the month

For more information visit:

<https://bit.ly/latobelibrarytechhelp>



Latrobe Leisure

Positive Ageing starts with feeling strong, capable and connected. Our programs are designed to help you move safely, improve mobility and enjoy exercise in a friendly, low-pressure environment.

Whether you prefer guided classes or a personalised gym program, there are options to suit every comfort level and ability.

For more information, please visit our website. www.latrobe.vic.gov.au/leisure

One Latrobe

(1 membership 4 locations)

Concession Rates

Memberships

Starting from \$7.60 per week

Free 1:1 consult

Including a personalised program and full gym induction to help you feel confident and safe using the equipment.



Active Adults

Minimal impact class with a focus on improving functional movement for everyday life, balance, flexibility, strength and cardiovascular fitness.

Ideal for those beginning or returning to exercise, recovering from injury or post-partum.

Equipment may include fit balls, dumbbells, resistance bands, benches, chi balls as well as body weight movements.

What you gain:

- Build endurance and strength
- Boost confidence
- Opportunity for social connection
- Improve bone density
- Increase flexibility and joint mobility
- Reduce injury risk

Gentle Zumba

Is a fun, low-impact class designed for those who want a more relaxed, accessible way to move. This class recreates the dance-inspired moves you love, with options to participate seated or standing, so you can work at your own pace.

It focuses on mobility, coordination and gentle cardio, making it a great way to get your body moving in a supportive environment while having plenty of FUN!



Looking for rainy day activities in Latrobe City?

Come and see the friendly team at the Latrobe Visitor Information Centre.

Open seven days a week 10am-4pm, the team are on hand to help you find local things to do throughout Latrobe City. They can assist with bus and train time tables, accommodation options for visiting friends and relatives, connection to local community events and activities as well as helping with information regarding Council Services.

This Winter they are highlighting our marvellous Latrobe Regional Gallery in Morwell. Showcasing some of the Gallery's extensive collection they also have new exhibitions coming in June.

Located at 32 Kay Street, Traralgon, in the foyer of Gippsland Performing Arts Centre, they can also be contacted by phone 1800 621 409 or email visitorcentre@latrobe.vic.gov.au

Latrobe City Council Volunteer Expo



Do you want to give back to your community and make a real difference?

Join us at the Volunteer Expo to meet local community groups and organisations to get involved with.

Saturday 23 May 2026
9am - 12noon

Gippsland Performing Arts Centre
Forecourt

For more information visit:
<https://latrobe.city.com.au/event/volunteer-expo/>

Latrobe City Community Grants

COMMUNITY ESSENTIALS - QUICK RESPONSE ROUND 4

Are you a not-for-profit and incorporated organisation?

Need funding to purchase small non-fixed equipment?

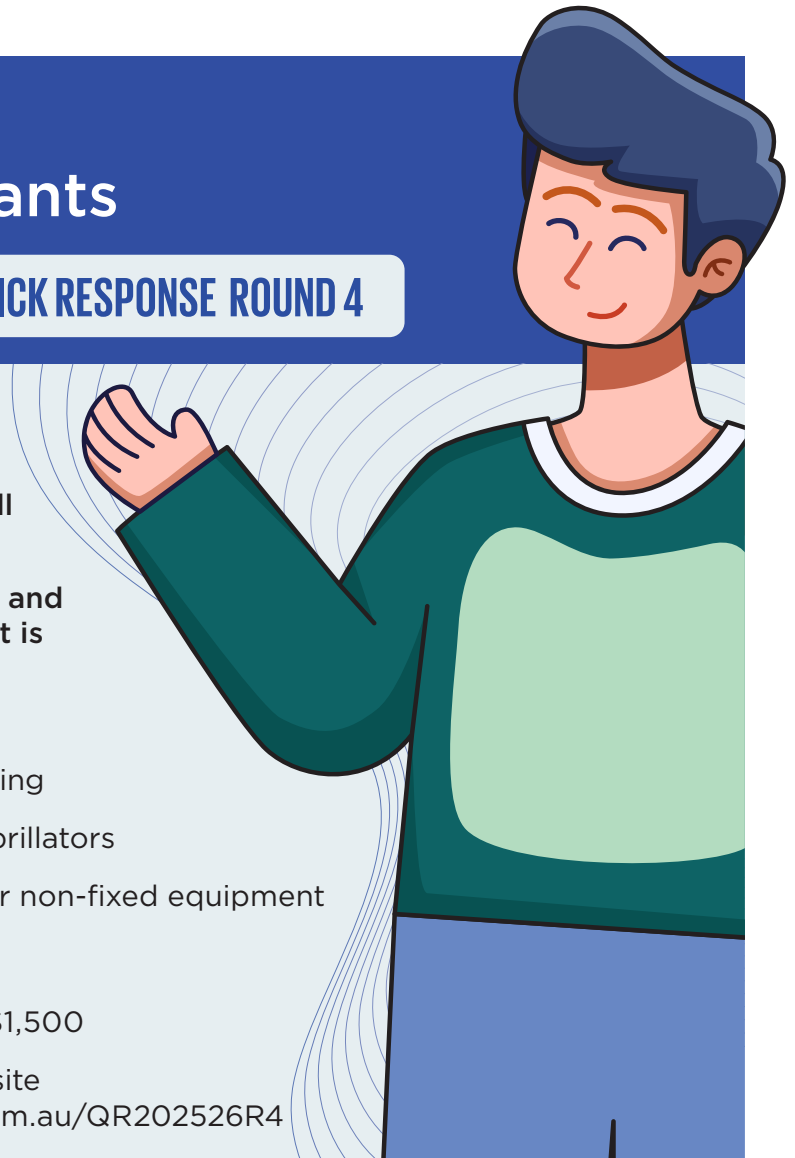
With a simple application form and a quicker turnaround, this grant is for you!

Examples of projects include:

- IT equipment
- Training
- Uniforms
- Defibrillators
- Printing costs
- Minor non-fixed equipment
- Newsletters

Maximum grant amount up to \$1,500

Apply Now by visiting our website
<https://latrobe.smartygrants.com.au/QR202526R4>



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 indicates that the wearer (or someone with them) has a hidden disability and may need a little extra time or support. Please speak with our staff if you need assistance or have any enquiries.



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

hdsunflower.com/au

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
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)
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



Have your say

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

Alternatively paper forms are available from Latrobe City Council Headquarters or any Latrobe City Library branch.



Urban Forest Strategy Workshop

Latrobe City Council is currently preparing a plan for an Urban Forest Strategy.

An urban forest includes all the trees in the municipality. These can be street trees in townships and residential streets, reserves, parks and open spaces. These can provide neighbourhood character and environmental benefits such as cooling nature

strips and footpaths, trails and take in storm water and CO2. They can also provide mental wellbeing to the community including vulnerable populations.

The strategy will incorporate guidelines on where and how to increase and maintain our urban canopy. Council is currently undergoing consultation between 4 May and 29 May.

You are invited to join the Urban Forest Strategy workshop, Tuesday 26 May 6pm- 8.30pm at Kernot Hall.

Registrations for the workshop, via our website:

www.eventbrite.com.au/e/urban-forest-strategy-workshop-tickets-1988146718354

MATHISON PARK DISC GOLF



18 HOLE COURSE

FREE COURSE USAGE

FREE DISC HIRE
AT LATROBE LEISURE CHURCHILL

Beginners to professionals - no experience needed to enjoy the course.

19 Mackeys Rd, Mathison Park Churchill



Scan the QR code or visit latrobe.vic.gov.au to learn more.



2026 Victorian Senior of the Year Awards



Victorian
Seniors
Festival



Do you know an older person who volunteers their skills, time and energy to make a difference?

Nominate them today for the 2026 Victorian Senior of the Year Awards.

Whether it's daily hands-on support or leading an organisation, there are many ways older people make a positive impact in our local communities.

Nominations close Tuesday 19 May 2026.

Learn more via our website:

<https://www.seniorsonline.vic.gov.au/awards>

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

For more information call 1300 700 399 or visit our website: travellersaid.org.au





JUNE 15

**WORLD ELDER ABUSE
AWARENESS DAY**

#WEAAD

elderabuseawarenessday.org.au | seniorsrights.org.au

**If you are experiencing elder abuse
in Victoria, call 1300 368 821.**



Elder abuse has been defined by the World Health Organisation as ‘a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person’.

Elder abuse can take various forms, including: financial, physical, psychological, emotional and sexual abuse, or neglect. No older person should be subjected to any form of abuse. It is estimated that 1 in 6 older people will experience elder abuse. It can be carried out by someone known to the older person, like family members, friends, professional, or paid caregiver.

Services available if you are concerned about yourself or someone else.

If someone is in immediate danger call 000. Senior Rights Victoria: 1300 368 821

Free information, advocacy and legal advice for older people or service providers. Elder Rights Advocacy: 1800 600 700

Free advice and support for older people accessing residential care or a

Support at Home package. 1800ELDERHELP: 1800 353 374

Free advice line for people experiencing elder abuse or services needing advice. CALD- In Touch: 1800 755 988

Family violence support service Aboriginal inclusive service: 1300 946 337 Gippsland Windemere Victims of Crime (all genders)



Care Finders Program

Care Finders at Latrobe Community Health Service support older, vulnerable people in Gippsland to access aged care and community services.

The program helps those who don't have family or carer support, or who may find it hard to understand information or make decisions due to language barriers, literacy problems, or other challenges.

Care finders can explain aged care options, organise assessments, assist with forms, and connect people with local services including Support at Home, residential aged care, respite, health, mental health, housing, and community groups.

A dedicated care finder meets individuals where they feel comfortable and helps them to understand the aged care system and the steps to access services and support. To connect with Care Finders please phone 1800 242 696 or email carefinders@lchs.com.au

Aged Care services

There are many services that can help you maintain a good quality of life as you age.

Some services that can help keep you well and independent include assistance with day-to-day tasks around the house, meal delivery, community transport, personal care services and allied health services.

My Aged Care is the entry point to Australian Government-funded aged care services. If you need help finding general

information about government-funded aged care services, you can go to www.myagedcare.gov.au/

Phone: 1800 200 422 (8am – 9pm Monday – Friday and 10am – 2pm Saturday)

Visit the Services Australia Morwell Office located at the corner of Chapel and Elgin Streets, Morwell (Centrelink) or the Services Australia Traralgon Office located at 88 Seymour Street, Traralgon (Medicare).



National Reconciliation Week Flag Raising Ceremony and Community Day

**Wednesday 27 May 2026,
10am to 1pm**

Latrobe City Council
Headquarters - 141
Commercial Road, Morwell.

Join Latrobe City Council
to proudly acknowledge
National Reconciliation

Week and our ongoing
commitment to learn
about our shared histories,
cultures, and achievements.
The 2026 National
Reconciliation Week
theme is All In, reflecting
the ongoing connection
between past, present and

future. Everybody can play
a role in reconciliation, by
building relationships and
communities that value
Aboriginal and Torres Strait
Islander peoples, histories,
cultures, and futures.

Latrobe Community Health Service Carer Program

Are you caring for a family member or friend? If you care for someone with a disability, a medical condition, mental illness or who is frail due to age, our Carer Program events can help!



Join us for a cuppa, grow your support network and build friendships with other carers. Learn about local services which can support you and learn how to navigate the disability and aged care systems.

Attend sessions that support your health and wellbeing. Enjoy social events aimed at having fun and getting to know other carers. Ask our team how you can register by calling Latrobe Community Health Service on 1800 242 696.



Don't keep the newsletter to yourself!

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.

Stay in touch

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



LATROBE CITY COUNCIL

Phone 1300 367 700

Post PO Box 264, Morwell 3840

Email latrobe@latrobe.vic.gov.au

www.latrobe.vic.gov.au

Service Centres & Libraries

Morwell

Corporate Headquarters

141 Commercial Road, Morwell

Morwell Library

63-65 Elgin Street, Morwell

Moe

Moe Service Centre and Library

1-29 George Street, Moe

Traralgon

Traralgon Service Centre and Library

34-38 Kay Street, Traralgon

Churchill

Churchill Community Hub

9-11 Philip Parade, Churchill

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