

Positive Ageing NEWSLETTER

For people aged 55 years and over living in Latrobe City

June 2026

Issue 03



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Meet the Artist
Michele Beevors

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NAIDOC Week
50 Years of Deadly

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Save the date
Victorian Seniors
Festival

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 or phone 1300 367 700.

Tattle Tales: Immersive Tarot Storytelling

Unlike anything you've seen before.

With the mysterious Storyteller as your guide, draw tarot cards to uncover your destiny, and make decisions that will determine how your tale unfolds. Improvised every show, no two stories will ever be the same.

SHOW TIMES

Sunday 21 June 2026

11am, 2pm and 5pm

DETAILS

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

www.latrobe.vic.gov.au/gpac



Live @ 11 Broadway Bound

Promac Productions 40th Anniversary
Morning Show.

In this celebratory production, Christopher will be joined on stage by the stunning singer/actress Alison Jones and the incredible musicianship of William Schmidt at the piano.

Hits from productions such as The Broadway We Love, I Love Paris, 50 Years of Lloyd Webber, The Great Gershwins, and even a touch of Gilbert and Sullivan will be featured.

SHOW TIMES

Monday 13 July, 2026 - 11am

DETAILS

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

www.latrobe.vic.gov.au/gpac



Opera Australia - Don Giovanni

Opera Australia's National Tour returns to Gippsland Performing Arts Centre with a fabulous, 1950s-inspired staging of Mozart's dark comedic masterpiece.

The production is directed by Michael Gow and features a cast of some of Opera Australia's finest singers, performing alongside a live chamber orchestra.

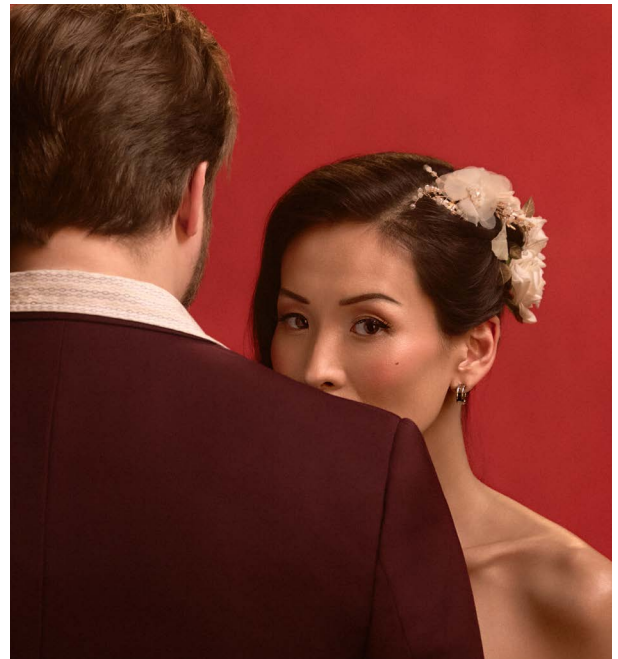
SHOW TIMES

Tuesday 21 July, 2026 - 7.30pm

DETAILS

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

www.latrobe.vic.gov.au/gpac



OUR COMMUNITY

Creative Arts in Latrobe Community Survey

This survey is designed to gather targeted community insight to inform the development of the Education and Creative Community Program at the Creative Industries Training Centre (CITC).

yoursay.latrobe.vic.gov.au/creative-industries-community-outreach-survey/surveys/creative-arts-in-latrobe-community-survey



Botanical Dyeing with Robina Summers

Step into the exciting and transformative world of botanical eco-dyeing with **Gathered Threads: Lyrical Practices** artist Robina Summers.

In this workshop, you will dive into the techniques, chemistry and scientific world of eco-dyeing with botanicals.

Participants will also learn more about Robina's personal practice, alongside the vast number of possibilities in which one can achieve unique imprints from botanicals using wool and other fabrics!

DETAILS

Saturday July 4 2026
11am to 2pm

Members \$25
General \$30

Recommended ages 14+,
limited to 12 participants.
Bookings essential.

For more information visit:
latroberegionalgallery.com



Robina Summers, *Rug for Hugging*, 2026. 102cm x 126cm.

Learn to Knit Your Own Frog Fossil with Michele Beevors

LOVED Anatomy Lessons? Ever wondered how these animal sculptures were made? Do you want to know more about the practice of knitting and what soft sculpture can be?

Well, you're in luck! Please join New Zealand-Australian Artist Michele Beevors, in an exciting opportunity, to knit your own little critter - a frog skeleton. If you love skeletons, animals and more importantly, frogs, then this one is for you!

Hop onto our waiting list for your chance to reserve your place!

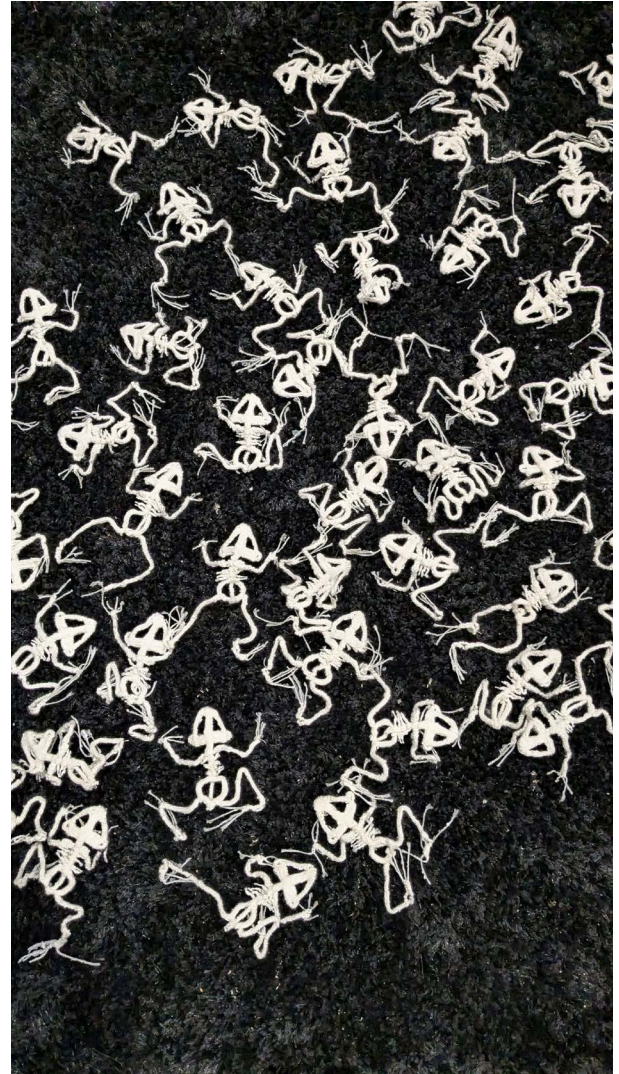
DETAILS

Saturday 11 July 2026, 1pm to 3pm

Members \$15 | General \$20

RSVP essential, all ages, under 10s must be accompanied by an adult

For more information visit:
latroberegionalgallery.com



Michele Beevors, *The Last Plague*, 2016 Frogs (Order Anura) Wool on steel substructure.



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.



Meet the Artist: Michele Beevors

DETAILS

Saturday 11 July 2026
11am to 12pm

Free event

Join New Zealand-Australian artist Michele Beevors and Exhibitions Curator Juan Rodriguez Sandoval in a thrilling conversation behind the intriguing, mysterious and curious inspirations and themes behind *Anatomy Lessons*. Discover how these sculptures were made, how they came to be, and what they seek to represent and reveal about ourselves.

For more information visit:
latroberegionalgallery.com

Epitaph, 2022 Asian elephant (*Elephas maximus*)
Wool on Steel substructure.



CONTROL FREAK WORKSHOP



BUILD YOUR OWN
CONTROLLER

LATROBE REGIONAL GALLERY
BOOKING ESSENTIAL

**01
AUG**
10:30 – 12:30

lrg LATROBE REGIONAL GALLERY ...

ARCA AREAS
ROUND ONE

ARTS COUNCIL
NEW ZEALAND TOI AOTEAROA
creativenz

Meet the Artist: Preston McNeil

Preston McNeil traces four decades of arcade culture, examining the design evolution behind Arca Arcade: Round One.

Drawing on a lifelong relationship with arcade gaming, he explores the creative methodologies, technical experimentation, and nostalgic touch points that informed the project.

Booking information: RSVP optional.

DETAILS

Saturday 1 August 2026
1.30pm to 2.30pm



ARCA ARCADE
ROUND ONE
GEEK SPEAK
ARTIST TALK + Q&A

01
AUG
1:30 – 2:30PM
LATROBE REGIONAL GALLERY
FREE

EXPLORING THE DESIGN METHODS, TECHNICAL EXPERIMENTATION, AND NOSTALGIA THAT HAS SHAPED THE ARCA ARCADE PROJECT.

lrg LATROBE REGIONAL GALLERY
ARTS COUNCIL NEW ZEALAND TOI AOTEAROA
creative nz

Looking for engaging activities in 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>



Library Expo



**Moe Library - Saturday 11 July
9am to 4pm**

Bookings not required.

For more information visit:
www.latrobe.vic.gov.au/library

Trivia Night



**Morwell Library - Tuesday 28 July
6pm**

Bookings preferred.

For more information visit:
<https://bit.ly/latrobecitylibrarytrivianight>

OUR COMMUNITY

Latrobe City Library Plan

Latrobe City Council is developing a new Library Plan to help shape the future of library services across the region. We want to hear from everyone in our community, whether you currently use the library, used it in the past, or have never visited.

This survey should take approximately 10-minutes to complete.

yoursay.latrobe.vic.gov.au/latrobe-city-library-plan-have-your-say



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



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.



Latrobe Leisure

**ONE MEMBERSHIP
4 LOCATIONS**

Stay active, connected and healthy with a Latrobe Leisure membership.

Enjoy access to gym facilities, group fitness classes, aquatic facilities and friendly community spaces across four convenient locations.

For memberships, facility information and the latest program details, visit: latrobe.vic.gov.au/leisure

OUR LOCATIONS

Latrobe Leisure Churchill
Cnr Northways Rd & McDonald Way,
Churchill, VIC 3842
P: (03) 5120 3888

Latrobe Leisure Morwell
45 McDonald St, Morwell, VIC 3840
P: (03) 5128 6144

Latrobe Leisure Moe/Newborough
Cnr Old Sale Rd & Southwell Ave,
Newborough, VIC 3825
P: (03) 5135 8580

Gippsland Regional Aquatic Centre
49 Breed St, Traralgon, VIC 3844
P: 1300 444 722

SOCIAL PICKLEBALL

Looking for something fun, social and a little competitive?

Try Pickleball! Join us for a relaxed social hit, bring a friend to guarantee a game or come along solo and meet some new people.



Traralgon sessions held at:
Gippsland Regional Indoor Sports Stadium (GRISS)
Catterick Cres, Traralgon, VIC 3844 | (03) 5176 3000

Traralgon (GRISS)

Monday	9am - 11.45am 3.30pm - 9.30pm
Wednesday	9am - 11.45am 3.30pm - 6pm
Friday	9am - 11.45am
Saturday	9am - 12.45pm

Churchill

Monday	10am - 12pm
Wednesday	10am - 12pm
Thursday	6.30pm - 8.30pm

Moe Newborough

Monday	7.15pm - 8.45pm
Wednesday	9.30am - 11.30am

\$5.20 PER VISIT OR 10 VISIT SOCIAL SPORT PASS

Elder Abuse

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)



This project has been supported by a Social Inclusion Action Group Grant.

Sensory Kits

Latrobe City Council has partnered with Autism Spectrum Australia to provide sensory kits for community members.

These kits help people who feel overwhelmed or overstimulated when visiting our facilities.

You can loan a free sensory kit at:

- Gippsland Performing Arts Centre
- Gippsland Regional Aquatic Centre
- Gippsland Regional Indoor Sports Stadium
- Council Headquarters
- Latrobe Regional Gallery
- Leisure Centres
- Libraries

Each kit includes fidget tools, colouring-in activities and earmuffs.

THE 2026 DYING TO KNOW RESOURCES HAVE DROPPED!

The secret I'm glad I shared.



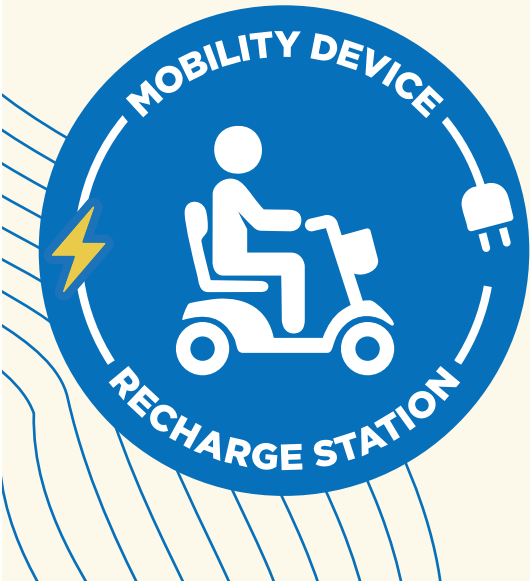


Dying to Know is a national campaign with the theme Nobody Knows.

On Saturday 8 August, Dying to Know Day, inspires you to begin to prepare for the inevitable, not with fear, but with purpose, love and a sense of legacy. Nobody Knows is a cheeky, irreverent campaign designed to expose the absurdity of keeping your end-of-life wishes a secret.

Because not telling anyone your final wishes is chaotic, confusing and worst of all creates guesswork and potential family division.

For more information phone 1300 002 262 or visit our webstie. <https://proveda.com.au/community-programs/dying-to-know/>

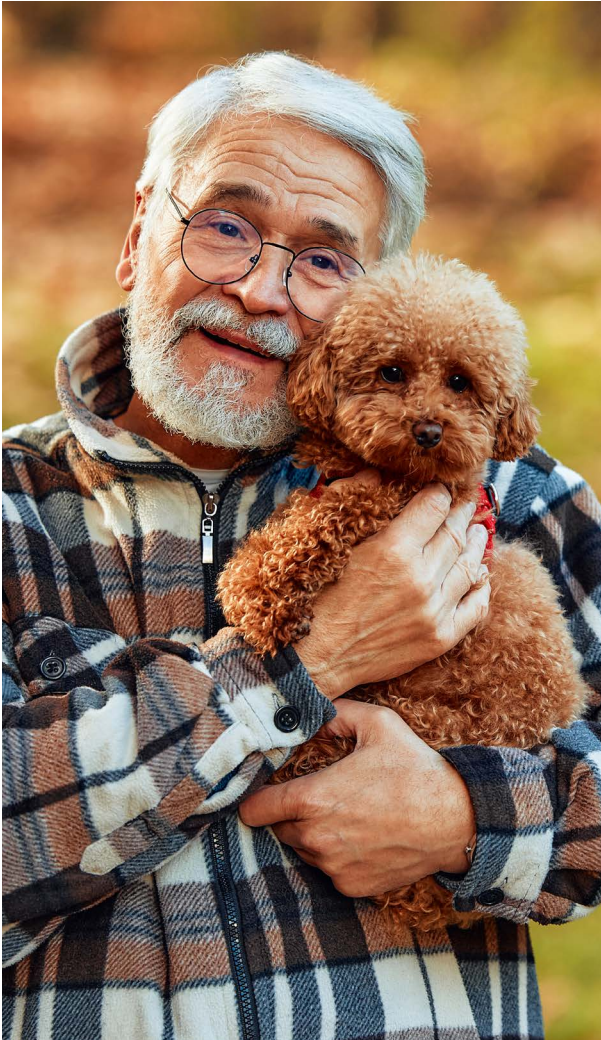


Charging Points

To support community members who use battery-powered wheelchairs and mobility scooters.

Free charging points are now available at the following Council locations:

- Gippsland Performing Arts Centre
- Gippsland Regional Aquatic Centre
- Gippsland Regional Indoor Sports Stadium
- Council Headquarters
- Latrobe Regional Gallery
- Leisure Centres
- Libraries



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).

Community Strengthening (Youth Council)



Did you know our Latrobe City Youth Council celebrates 30 years this year? This year marks an incredible milestone – 30 years of the Latrobe City Youth Council, proudly recognised as the longest standing youth council in Australia.

For three decades, young people in our community have been leading change, creating opportunities, and making a lasting impact across Latrobe City.

In 2026, our focus is on the power of volunteering and the difference young people can make when they come together to support their community. As part of this commitment, we are launching a community project to create care packages for young people experiencing mental ill health, homelessness, and young caring responsibilities.

This project is about connection, compassion, and reminding young people that they are seen, valued, and supported. We are proud to continue a 30-year legacy of youth leadership, advocacy, and community spirit – and we can't wait to see the positive impact this year will bring.

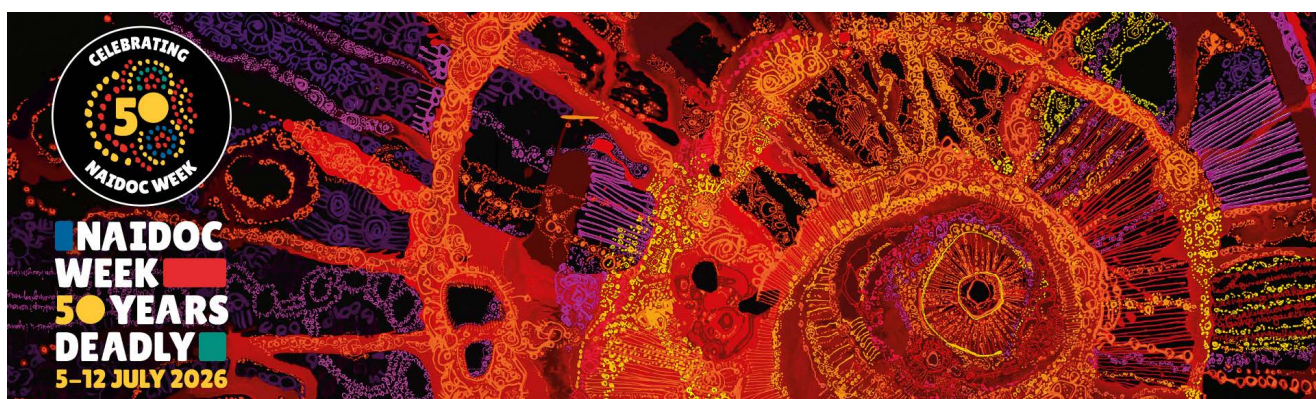
WHAT WE DO?

**WE EMPOWER
YOUNG PEOPLE
TO BE LEADERS,
TO COLLABORATE
WITH OTHERS,
TO BE MORE
ENGAGED AND
TO LEARN
NEW SKILLS.**



NAIDOC WEEK 2026

NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth. You can support and get to know your local Aboriginal and/or Torres Strait Islander communities through activities and events held across the country.



50 Years of Deadly

For five decades, NAIDOC Week has celebrated the voices of our communities, steady, unapologetic and proud. Each year, its themes have called for truth, celebrated culture, honoured resistance, and reminded the nation of who we are.

Fifty Years of Deadly marks a milestone. It's a tribute to the people who built this movement. the Elders who stood firm, the organisers who made space, the artists who turned resistance into expression, and the communities who keep showing up, year after year.

NAIDOC has always been more than a week, it's a platform, a protest, a celebration, and a statement of survival.

This moment is about looking back at the stories, the marches, the languages, the art, the leadership. At the strength it took to get here. It's about recognising how far we've come, not by chance, but because generations of people refused to be silenced.

It's also about the here and now, who we are today. Grounded in culture. Strong in our identity. Leading change across every field, from health and education to media, business, and the arts. We're telling our own stories, in our own way, on our own terms.

And it's about the future. The next 50 years. The young ones growing up proud. The return of language. The return to Country. The fight for

justice continuing with new tools, new voices, and the same fire.

Fifty Years of Deadly is a marker, not just of time passed, but of the momentum still building. It's proof of what our people build when culture leads, and community comes first. NAIDOC belongs to mob. It always has.

We honour what came before by continuing the work.

This is our story. This is our celebration. This is our future.

Still deadly. Always.

Learn more at www.naidoc.org.au

REGISTRATIONS OPEN NOW



SOUTHERN ABORIGINAL SPORTS



**OPEN TO ALL
DOMESTIC CLUBS
AND TEAMS**



**ABORIGINAL AND
NON-ABORIGINAL
PLAYERS WELCOME**



**SCHOOL HOLIDAY
TOURNAMENT**



VICTORIAN ABORIGINAL NAIDOC JUNIOR BASKETBALL TOURNAMENT 2026

"50 YEARS OF DEADLY"

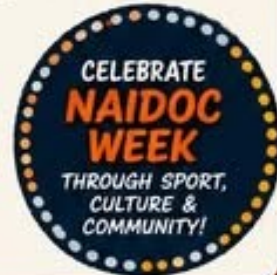


CALLING ALL LOCAL DOMESTIC BASKETBALL TEAMS!

Southern Aboriginal Sports invites local domestic basketball teams to join us for the 2026 Victorian Aboriginal NAIDOC Junior Basketball Tournament during the school holidays.

This tournament is **OPEN TO ALL PLAYERS** – Aboriginal and non-Aboriginal – and provides an opportunity to come together, celebrate NAIDOC Week, build connections, and enjoy basketball in a fun, inclusive and culturally safe environment.

REGISTER YOUR TEAM TODAY AND BE PART OF THIS DEADLY EVENT!



**THURSDAY 2ND & FRIDAY 3RD
OF JULY 2026**



**HOSTED IN
TRARALGON, GIPPSLAND**

AGE DIVISIONS:

- U8 Mixed (born: 2019/2020 / 2021)
- U10 Girls & Boys (born: 2017-2018)
- U12 Girls & Boys (born: 2015-2016)
- U14 Girls & Boys (born: 2013-2014)
- U16 Girls & Boys (born: 2011-2012)
- U18 Girls & Boys (born: 2009-2010)



TEAM REGISTRATIONS OPEN NOW | LINK IN POST



Latrobe City launches new FOGO service

In line with Victorian Government legislation, on July 1 Latrobe City Council introduced FOGO - Food Organics and Garden Organics, which means you can now add your food waste to your green lid bin.



This way, your food scraps will no longer end up in landfill. Instead, together with your garden prunings and weeds, they can be turned into beneficial compost, recycling nutrients and improving soil, for growing more food.

It's important that the material being sent to the composting facility is not contaminated with things that don't break down easily. Information about what can and cannot be put in your green lid (FOGO) bin was distributed to all households in May. More detailed information can also be found on the council website. If you have any questions about this service, you can contact Council on 1300 367 700.

National Tree Day



PLANET ARK

National Tree Day is held on the last Sunday in July and in 2026 it will be celebrated on Sunday July 26.

This is Australia's largest community tree planting and nature care event. This year Latrobe City Council is hosting a community tree planting day in Bicentennial Park, Yinnar. Come along, help plant trees to improve the native vegetation areas around the park, share a free coffee with like-minded people and be part of this positive environmental action.

The event runs from 10am - 1pm, Sunday 26 July. You can register online or on the day.

Registered sites for events across your area and Australia can be found here:
<https://nationaltreeday.org.au/find-a-site/>

September is Biodiversity Month

Biodiversity Month highlights the importance of protecting, conserving and enhancing biodiversity both locally and around the world.



September is a great time to get out and explore our local nature reserves and bushland areas, as things start to flower and the days get longer. It's the start of the peak breeding season for birds, and many insects increase their activity.

Learn more about your local environment by participating in Biodiversity month. Join an activity in your local area or just get out into a reserve.

Join in the Bioblitz that happens across local council areas in Gippsland, by downloading the iNaturalist app and record the various species you see. It's a great way to learn about your local environment and your observations become part of a global citizen science database.

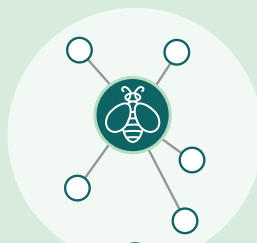
Download the iNaturalist app:
www.inaturalist.org/

THE WAY IT WORKS



1

CAPTURE YOUR OBSERVATIONS



2

SHARE WITH FELLOW NATURALIST



3

DISCUSS YOUR FINDINGS

A BOWL OF Goodness

Simple & Healthy Vegetable Soup

A light, nourishing soup packed with everyday vegetables. Easy to make, budget-friendly, and perfect for any season.



INGREDIENTS (serves 4-6)

- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, crushed or finely chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 zucchini, chopped
- 1 potato, peeled and diced
- 1 cup green beans, chopped (or frozen peas)
- 1 litre low-salt vegetable stock
- 1 can (400g) diced tomatoes (optional)
- 1 teaspoon dried mixed herbs (or thyme/oregano)
- Salt and pepper to taste
- Optional: Handful of baby spinach or kale at the end

TO SERVE

Serve warm as is, or with wholegrain bread.

For a smoother soup, blend part or all of the soup using a stick blender.

METHOD



Heat olive oil in a large pot over medium heat. Add onion and cook for 3-4 minutes until softened.



Add garlic, carrot and celery. Cook for another 3-5 minutes, stirring occasionally.



Add zucchini, potato, green beans, herbs, and diced tomatoes (if using). Stir well.



Pour in vegetable stock and bring to a boil.



Reduce heat and simmer for 20-25 minutes, or until vegetables are tender.



Add spinach or kale in the last 2-3 minutes if using.



Season with salt and pepper to taste.

TIPS

Use vegetables you already have.

Frozen vegetables work just as well and saves time.



As older LGBTI+ individuals, your experience, skills and ideas can help shape the future of our communities.

Pride in Ageing aims to:

- **Reduce Social Isolation:** Create vibrant, connected communities for older LGBTI+ people.
- **Tackle Ageism:** Challenge stereotypes and promote inclusivity.
- **Drive Lasting Change:** Foster sustainable improvements in our lives and communities.

Funded by the Victorian Government and working with community members and local organisations, Pride in Ageing centres the experience and needs of older LGBTI+ people in rural and regional areas to help design and build their own solutions.

Let's connect and make your voices heard!

If you would like to meet with your local Pride in Ageing regional coordinator, contact:

Daniel Bryen

0490 115 134

daniel.bryen@switchboard.org.au



switchboard.org.au/prideinageing

Were you separated from your baby through forced adoption?

The Victorian Government has established a redress scheme to acknowledge the impact of historical forced adoption practices on mothers who continue to live with the serious, complex and ongoing effects of forced separation from their babies.

The scheme has been open since 2024 and is taking applications until 31 January 2028.

The Historical Forced Adoptions Redress Scheme provides a one-off payment of \$30,000, access to counselling and support as well as an apology process.

The Scheme is open to mothers who gave birth in Victoria, or were Victorian residents who gave birth interstate, and who were forcibly separated from their newborn babies soon after birth, prior to 1990.

Forced adoption refers to institutional past practices that separated mothers and their babies, where women were forced, pressured or coerced to give up their babies.

A support team is available to guide you through the application process, answer questions and assist you with any supporting information that may be required.

To find out if you are eligible or to talk about your options

Call us

1300 217 425
(9am-4:30pm, Monday to Friday)

Visit our website

www.vic.gov.au/redress-forced-adoptions

Email us

forcedadoptions.redress@justice.vic.gov.au

Other Support Services

Relationships Australia Victoria

phone: 1800 210 313
email: fass@rav.org.au

Link-up

phone: 03 9287 8800
email: linkup@vacca.org

VANISH

phone: 1300 826 474
email: info@vanish.org.au

Lifeline

phone: 13 11 14



The Glengarry Community Garden is a welcoming space to connect, enjoy the outdoors and grow fresh produce for the community.

Join our Friday Garden Gatherings from 10am-12pm for gardening, harvests and a friendly morning tea. No experience necessary.

Visit us at 1 Railway Avenue, Glengarry, behind the Glengarry Hall, or follow our Facebook page for updates.

Gippsland Pride's social group for LGBTIA+ folks over 50



Trafalgar Forever Rainbows

Join us for no-cost afternoon tea on the
4th Friday of each month **2.30 PM to 4.00 PM**

Connection, Cuppa and Chats



Register to attend
gippslandpride.com/events



**Victorian
Seniors
Festival
2026**

**CONNECT
CREATE
CELEBRATE**

1–31 October

VICTORIA
State
Government

The graphic features a pink-to-purple gradient background. On the left, a woman with short red hair, wearing a purple cable-knit sweater, is smiling and playing a yellow ukulele. On the right, a woman with short brown hair, wearing a bright pink t-shirt and black leggings with pink stripes, is standing with her hands on her hips. The text 'Victorian Seniors Festival 2026' is in the top left, 'CONNECT CREATE CELEBRATE' is in large bold letters in the center, and '1–31 October' is below it. The Victorian State Government logo is in the bottom right.

Save the date

Explore Melbourne with 9 days of free travel this October

Victorian Seniors Card holders can access 9 days of free public transport across Victoria from 3 to 11 October 2026.

Attend free 2026 Victorian Seniors Festival events, including:

- Celebration Day at Federation Square Saturday 3 October, 11am – 5pm
- Big Band Dance at Melbourne Town Hall Monday 5 October, 12pm – 3:30pm
- Seniors Film Festival at ACMI Cinemas – Monday 5 to 11 October at various times

For more information, visit the Victorian Seniors Festival website at: seniorsonline.vic.gov.au/victorian-seniors-festival, call (03) 8850 6164, or email seniorsfestival@dfffh.vic.gov.au

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



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.