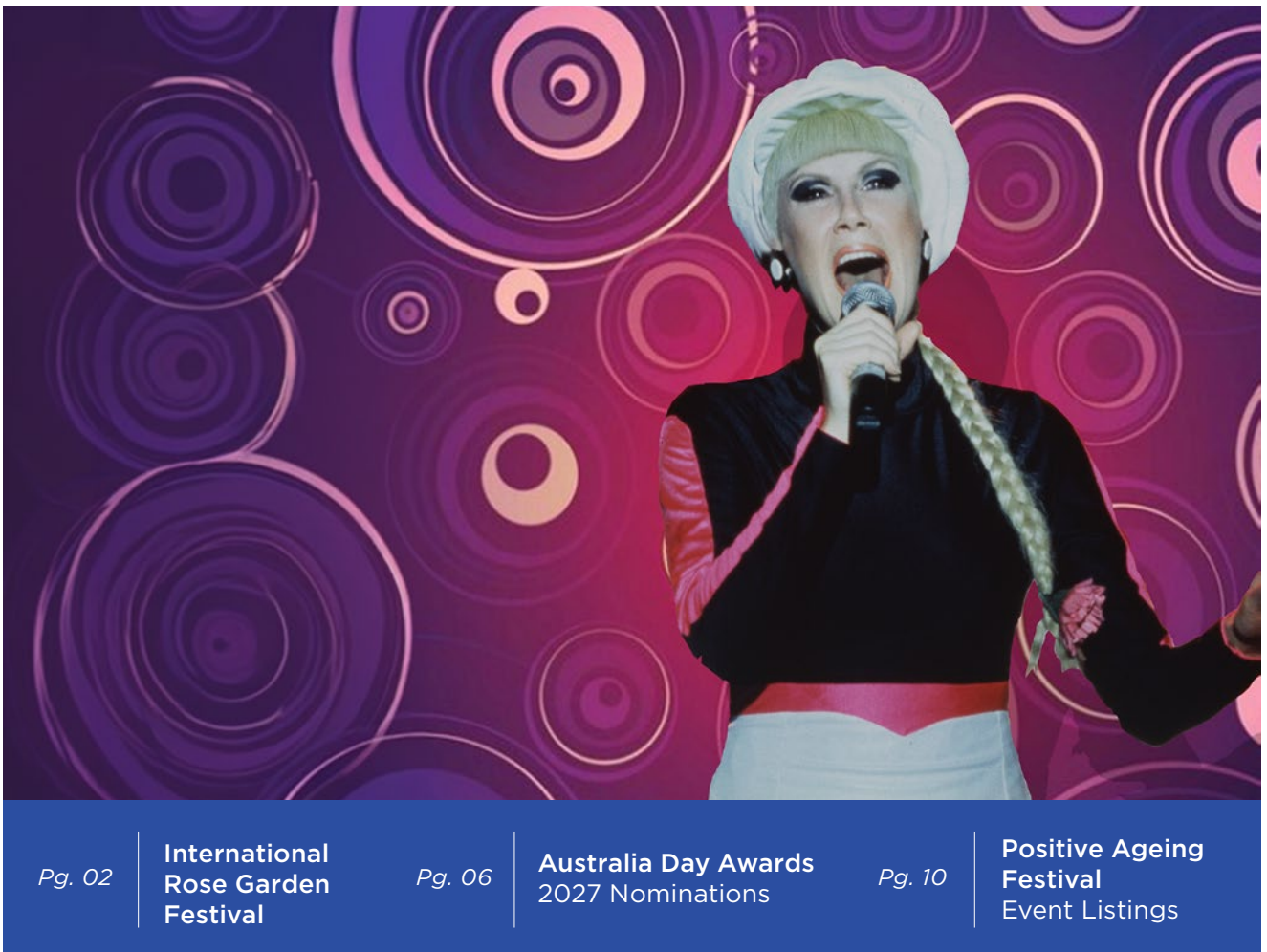


Positive Ageing NEWSLETTER

For people aged 55 years and over living in Latrobe City

September 2026

Issue 04



Welcome

The September Positive Ageing Newsletter features all of the activities held as part of the Positive Ageing Festival.

The festival celebrates its fifth year in 2026 and runs throughout the month of October.

We are excited to welcome Wendy Stapleton on Tuesday 13 October from 1.30pm at Gippsland Performing Arts Centre as she performs hits from the Swinging Sixties. Organise your FREE tickets by phoning 5176 3333 or online www.latrobe.vic.gov.au/gpac/events

Probus 50th Anniversary: Latrobe Valley Probus Clubs

Celebration of the Gold Anniversary of PROBUS in Australia.

Probus is a social network for retired or semi-retired people seeking connection, friendship and shared activities.

PROBUS EVENT

Thursday, 29 October 2026
2pm to 4pm, Kernot Hall,
50-70 Princes Drive, Morwell

DETAILS

Bookings required: 0428 366 732
\$20 per person
Door prizes, entertainment and giveaways, don't miss out!



INTERNATIONAL ROSE GARDEN FESTIVAL

**6-7
NOV 2026
MORWELL**

**FRIDAY 6 NOVEMBER
6.30PM – 9.30PM**

**SATURDAY 7 NOVEMBER
11AM – 9.30PM**

- Costa, dirtgirl and scrapboy
- AGL Night Light Installation
- Bloom Aerial Acrobats
- Live music
- Market stalls
- Cut Rose Competition
- Butterfly enclosure
- Workshops
- Kid's Zone
- Fairy Julianne Rainbow Unicorn Show



FREE ENTRY

IRGFM.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



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 one in six older people will experience elder abuse. It can be carried out by someone known to the older person, like family members, friends, a professional or paid caregiver. Services are 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



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.



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.

A care finder 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 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.

For general information about government-funded aged care services:

Go online at www.myagedcare.gov.au

Phone 1800 200 122 (8am to 9pm Monday to Friday or 10am to 2pm Saturday)

Visit Services Australia Morwell, corner of Chapel and Elgin streets, Morwell (Centrelink) or Services Australia Traralgon, 88 Seymour Street, Traralgon (Medicare)



Australia Day Awards 2027 Nominations Open

NOMINATIONS CLOSE | FRIDAY 11 SEPTEMBER 2026, 5pm

Who will you nominate?

Do you know an individual or group making a difference in our community?

Now is your chance to nominate them for Latrobe City Council's 2027 Australia Day Awards.

- Citizen of the Year
- Senior Citizen of the Year
- Young Citizen of the Year
- Community Event of the Year
- Community Service of the Year

Visit our Latrobe City Service Centres or website for nomination forms.

www.latrobe.vic.gov.au/AusDayNominations



Sporting Hall of Fame

★
NOMINATIONS NOW OPEN

Visit the Latrobe City Sporting Hall of Fame website for nomination forms:

www.latrobe.vic.gov.au/sporting_hall_of_fame

Help recognise the outstanding athletes and sporting contributors who have made a lasting impact on sports in Latrobe City.

LEGENDS

Elite competitors who have achieved sporting excellence by competing at the highest level.

MEMBERS

Athletes, coaches, officials, administrators, managers, mentors, sports scientists and sports media who have made a significant contribution to sport.

★
Who will you nominate?

★
All nominations must be received by Friday 11 September 2026, 5pm.



The Victorian Seniors Festival returns this October!

Connect, create and celebrate with the 2026 Victorian Seniors Festival. Explore free and low-cost events on the online events calendar. Victorian Seniors Card holders can access nine days of free public transport across Victoria from 3 to 11 October 2026.

For the latest festival news and events, visit the Seniors Online website www.seniorsonline.vic.gov.au/festival or contact the Victorian Seniors Festival team via phone: (03) 8850 6164 email: seniorsfestival@dffh.vic.gov.au



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

Positive Ageing FESTIVAL

Be part of the Latrobe City Positive Ageing Festival!

You are invited to enjoy an exciting range of events, activities and free travel when the 2026 Positive Ageing Festival commences this October.

Latrobe City residents and visitors aged 55+ along with their supporters are encouraged to connect, discover new passions and celebrate together.

The festival promises something for everyone.



DON'T MISS OUT! Scan the QR code to book your spot.

Alternatively, call the Visitor Information Centre on 1800 621 409 or Latrobe City Council on 1300 367 700.

For more event information visit our website.
www.latrobe.vic.gov.au/Positive_Ageing_Festival

Positive Ageing Festival

EVENT LISTINGS

WEEK ONE



Good Old Days



Thursday 1 October

10.30am–11.30am | Latrobe City Council Library Morwell



Tech Help Individual Appointment



Friday 2 October

10am–12pm | Latrobe City Council Library Traralgon



Watercolour Painting Gift Card (Moe Country Women's Association)



Saturday 3 October

10.30am–2pm | Newborough Senior Citizens Centre



Public Tour Current Exhibitions

Saturday 3 October

11am–12pm | Latrobe Regional Gallery



Community Card Art Project Workshop

Saturday 3 October

11am–4pm | Latrobe Regional Gallery



Singing Workshop (Gippsland Acoustic Music Club)



Saturday 3 October

1.30pm–3pm | Masonic Centre Gold Coin Entry



Todd Cook and Band (Gippsland Acoustic Music Club)



Sunday 4 October

7.30pm–10pm | Tyers Public Hall
\$30 General Public |
\$25 Concession | U18 Free

WEEK TWO



Blokes and Banter

Tuesday 6 October

10am–11am | Latrobe City Council Library Moe



Maltese Museum Tour and Afternoon Tea



Tuesday 6 October

2pm–4pm | Maltese Community Centre



What's New Pussycat

Thursday 8 October

11am–12.10pm | Gippsland Performing Arts Centre
\$10 per person



Talking to Young People about Gaming



Thursday 8 October

6.30pm–8.30pm | Latrobe City Council Library Moe



Tech Help Individual Appointment



Friday 9 October

10am–12pm | Latrobe City Council Library Traralgon



Glengarry Community Garden



Friday 9 October

10am–12pm | Glengarry Community Garden
Gold Coin Donation



Line Dancing Extravaganza with members of Yallourn North Senior Citizens Club



Friday 9 October

10am–12.30pm | Monash Hall
\$10 per person



Ready for Hospital



Friday 9 October

11am–1.30pm | Latrobe Regional Health Conference Room



BOOKINGS REQUIRED



REFRESHMENTS



FREE

Please note all event listings were correct at the time of printing and may be subject to change.

Positive Ageing Festival

EVENT LISTINGS

WEEK TWO

 **Bingo and Lunch with members of Moe Senior Citizens Club**

Friday 9 October

11am–2.30pm | Moe Senior Citizens Centre

\$10 lunch | \$3 per Bingo book

 **Happy Steps**

 **Friday 9 October**

11.30am–12.30pm | Morwell East Senior Citizens Centre

WEEK THREE

 **Latrobe Landfill and Pinegro Composting Facility Bus Tour**

 **Saturday 10 October**

9.30am–12.30pm | Meet at rear of Gippsland Performing Arts Centre, Grey Street

 **Curatorial Exhibition and Back of House Tour (Open House Latrobe)**

 **Saturday 10 October**

10.30am–11.30am | Latrobe Regional Gallery

 **Latrobe Valley U3A Art Display & Gardening Tips**

 **Saturday 10 October**

11am–3pm | Airlie Bank Homestead

 **Morwell CBD Historical Walking Tour (Open House Latrobe)**

 **Saturday 10 October**

1pm–2pm | Meet at Latrobe Regional Gallery

 **Curatorial Exhibition and Back of House Tour (Open House Latrobe)**

 **Saturday 10 October**

2.30pm–3.30pm | Latrobe Regional Gallery

 **Curatorial Exhibition and Back of House Tour (Open House Latrobe)**

 **Sunday 11 October**

10.30am–11.30am | Latrobe Regional Gallery

 **Morwell CBD Historical Walking Tour (Open House Latrobe)**

 **Sunday 11 October**

1pm–2pm | Meet at Latrobe Regional Gallery

 **Curatorial Exhibition and Back of House Tour (Open House Latrobe)**

 **Sunday 11 October**

2.30pm–3.30pm | Latrobe Regional Gallery

 **Cyber and AI Safety Workshop**

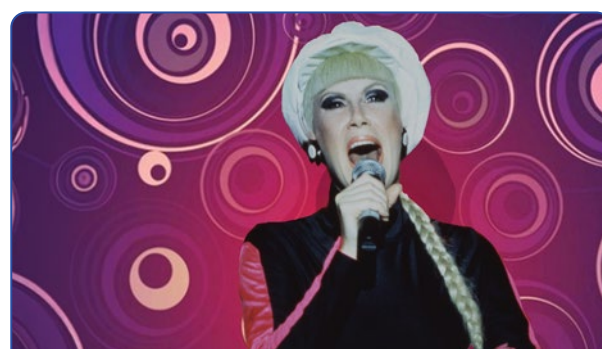
 **Monday 12 October**

11am–1pm | Latrobe City Council Library Moe

 **Cyber & AI Safety Drop In Session (BYO Device)**

 **Monday 12 October**

1pm–2pm | Latrobe City Council Library Moe



FEATURE EVENT

Latrobe City Country Concert – Wendy Stapleton ‘Swinging Sixties’

Tuesday 13 October

1.30pm–2.30pm

Gippsland Performing Arts Centre

 **BOOKINGS REQUIRED**

 **REFRESHMENTS**

 **FREE**

Please note all event listings were correct at the time of printing and may be subject to change.

Positive Ageing Festival

EVENT LISTINGS

WEEK THREE



Yinnar Community Garden Working Bee

Wednesday 14 October

Garden tour 11am followed by working bee | Yinnar Community Garden



Old Gippsdown Heritage Park Demonstrations

Thursday 15 October

10am–2.30pm | Old Gippsdown Heritage Park
Gold Coin Donation



Singalong and Light Lunch with members of the Traralgon East Senior Citizens Club

Thursday 15 October

10.30am–12pm | Traralgon East Senior Citizens Centre
\$2 per person



Jo Caminiti | Railway Dog Artist Talk

Sunday 18 October

10.30am–12.30pm | Glengarry Community Garden



Morwell East Senior Citizens Club Social Event with Entertainment

Tuesday 20 October

1.30pm–4pm | Morwell East Senior Citizens Centre
\$5 per person



Understanding Basic Food Handling

Tuesday 20 October

10am–11.30 am | Gippsland Performing Arts Centre



Understanding Basic Food Handling

Wednesday 21 October

6pm–7.30pm | Latrobe City Council Headquarters



Latrobe Landfill & Pinegro Composting Facility Bus Tour

Wednesday 21 October

9.30am–12.30pm | Meet at rear of Gippsland Performing Arts Centre, Grey Street



Tech Help Individual Appointment

Friday 23 October

10am–12pm | Latrobe City Council Library Moe



Everybody Dance! (Dance for Brain Health)

Friday 23 October

10am–3pm | Morwell Bowling Club
\$10 per person



Curatorial Exhibition and Back of House Tour

Friday 23 October

11am–12pm | Latrobe Regional Gallery

WEEK FOUR



Tech Help Individual Appointment

Friday 16 October

10am–12pm | Latrobe City Council Library Morwell



Morwell Centenary Rose Garden History & Garden Tour

Friday 16 October

11am–12pm | Morwell Centenary Rose Garden



Morwell Centenary Rose Garden History & Garden Tour

Friday 16 October

2pm–3pm | Morwell Centenary Rose Garden



Monomeath Senior Citizens Club Social Event/Open Day

Friday 16 October

2pm–4pm | Monomeath Senior Citizens Centre



BOOKINGS REQUIRED



REFRESHMENTS



FREE

Positive Ageing Festival

EVENT LISTINGS

WEEK FIVE



Jam Session - Instruments & Vocal (Gippsland Acoustic Music Club)

Saturday 24 October

10am-12pm | Gippsland Performing Arts Centre Forecourt



Talking to Young People about Gaming



Saturday 24 October



10am-12pm | Latrobe City Council Library Traralgon



Meet the Artist: Sarah Tomasetti

Saturday 24 October

11am-12pm | Latrobe Regional Gallery



Author Talk: Toni Jordan



Saturday 24 October



12.30pm-1.30pm | Latrobe City Council Library Traralgon



Talking to Young People about Gaming



Monday 26 October



1pm-3pm | Churchill Neighbourhood House



Moe Historical Walk (Moe & District Historical Society)



Tuesday 27 October

2pm-3pm | Moe Railway Station Carpark



Talking to Young People about Gaming



Thursday 29 October



10am-12pm | Latrobe City Council Library Morwell



Latrobe Care Expo

Thursday 29 October

10am-2pm | Gippsland Regional Indoor Sports Stadium



50th Anniversary: Latrobe Valley Probus Clubs

Thursday 29 October

2pm-4pm | Kernot Hall
\$20 per person



Canva Workshop



Thursday 29 October

3pm-4.15pm | Latrobe City Council Library Moe



Canva Workshop



Thursday 29 October

6.30pm-7.45pm | Latrobe City Council Library Moe



Canva Workshop



Friday 30 October

10am-11.15am | Latrobe City Council Library Morwell



Canva Workshop



Friday 30 October

11.30am-12.45pm | Latrobe City Council Library Morwell



Canva Workshop



Friday 30 October

2.30pm-3.45pm | Latrobe City Council Library Traralgon



The Art of Conversation: Morwell (Kintsugi Heroes)



Saturday 31 October



9.30am-11.30am | Latrobe City Council Library Morwell



Canva Workshop



Saturday 31 October

10am-11.15am | Latrobe City Council Library Traralgon

DON'T MISS OUT!

Reserve your spot today by contacting the Visitor Information Centre on 1800 621 409 or Latrobe City Council on 1300 367 700.



BOOKINGS REQUIRED



REFRESHMENTS



FREE

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Latrobe Leisure

Stay active, social and have fun during the Positive Ageing Festival. There's something for everyone, with activities for all abilities.



SOCIAL PICKLEBALL

**ONE MEMBERSHIP
4 LOCATIONS**

TRARALGON (GRISS) Gippsland Regional Indoor Sports Stadium	
MONDAY	9am-11.45am 3.30pm-9.30pm
WEDNESDAY	9am-11.45am
FRIDAY	9am-11.45am
SATURDAY 3 SATURDAY 17	9am-12.45pm

CHURCHILL	
MONDAY	10am-12pm
WEDNESDAY	10am-12pm
SUNDAY	10am-12pm

MOE NEWBOROUGH	
MONDAY	7.15pm-8.45pm
WEDNESDAY	9.30am-11am

MORE WAYS TO GET MOVING FOR **FREE** THIS OCTOBER

TABLE TENNIS	Latrobe Leisure Moe Newborough	Every Monday and Thursday	9am-12pm
GENTLE EXERCISE	Gippsland Regional Indoor Sports Stadium	Every Monday and Friday	10.30am-11.15am
LATROBE VALLEY SQUASH ASSOCIATION	Latrobe Leisure Churchill	Every Tuesday and Thursday	5pm-9pm
BADMINTON	Latrobe Leisure Morwell	Every Wednesday	7pm-8.45pm
ACTIVE ADULTS WALKING BASKETBALL	Latrobe Leisure Moe Newborough	Every Friday	11am-12pm
ACTIVE ADULTS FITNESS CLASS Bookings Required	Gippsland Regional Aquatic Centre	Tuesday 6 October	7.15am-8am
AQUA FITNESS CLASS Bookings Required	Gippsland Regional Aquatic Centre	Monday 12 October	8.15am-9am and 10.15am-11am
ZUMBA GOLD FITNESS CLASS Bookings Required	Gippsland Regional Aquatic Centre	Thursday 22 October	12.15pm-1pm

Contact Gippsland Regional Aquatic Centre on 1300 444 722 to book fitness classes five days prior.

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

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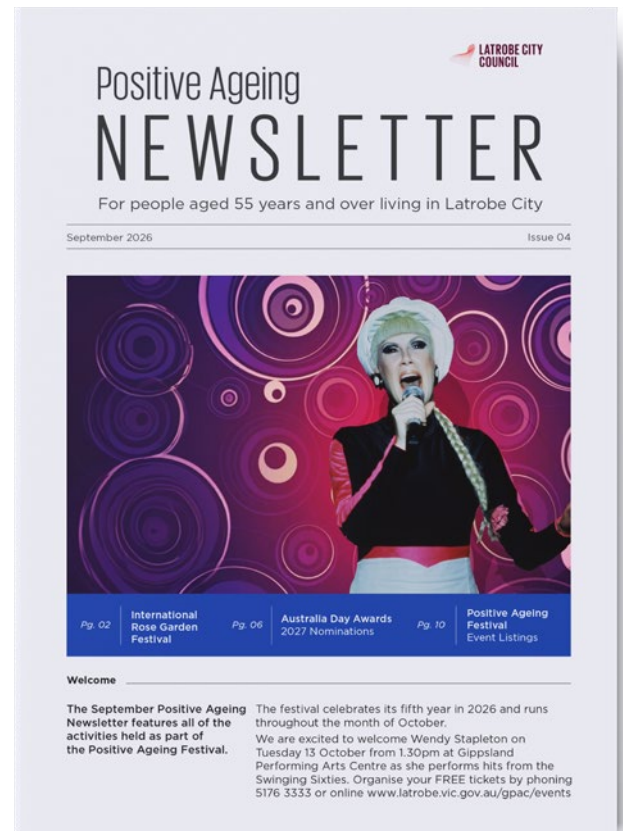
Latrobe Community Health Service Carer Program

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.