

EAST GIPPSLAND SENIORS FESTIVAL GUIDE 2025

1-31 OCTOBER



Festival Partner

**Victorian
Seniors
Festival
2025**





Acknowledgement of Country

Council acknowledges the Traditional Owners and custodians of the land and pays deep respect to all First Nations peoples and communities with enduring cultural connections to East Gippsland, who have cared for and nurtured Country for tens of thousands of years.

We honour and celebrate the rich diversity, living cultures, and ongoing contributions of all First Nations peoples who live, work, visit, and play across East Gippsland.

We also acknowledge the many First Nations communities who, together, continue to shape and contribute to the region we know as East Gippsland. The place where we, as Local Government, deliver services and support to our community.



Welcome to the 2025 East Gippsland Seniors Festival

East Gippsland Shire Council is proud to present the 2025 East Gippsland Seniors Festival. This month - long celebration is held from 1 to 31 October in partnership with our inspiring community and is part of the statewide Victorian Seniors Festival.

This October, our region will come alive giving our older adults a time to connect, create and celebrate together. With more than 60 free and low-cost events spread across the shire, there's something for everyone to enjoy, from creative workshops and art exhibitions to live performances, health and wellbeing activities, come and try days, cuppas and luncheons.

Whether you're revisiting a lifelong passion, trying something new for the first time, or simply looking to meet new people, the festival is designed to spark joy, build connections, and support healthy and positive ageing.

Highlights include the much-loved free **Seniors Concert** starring Glenn Starr with classic hits from the 60s, to be held on **Monday 13 October** along with a wide range of local activities hosted at our libraries, service centres and community hubs.

We thank the many community groups, clubs, organisations and partners who have worked alongside Council to deliver this vibrant program. Your support ensures that older residents across East Gippsland remain active, inspired and connected throughout the month and beyond.

Victorian Seniors Card holders can take advantage of eight days of free public transport across Victoria from 5 October, making it easier to get out and experience all the festival has to offer.

Join us this October as East Gippsland celebrates its older adults with a month of connection, creativity and community.

INDEX

- 2: Acknowledgement
- 3: Welcome
- 4: Index
- 5: Index
- 6: Index
- 7: Free Public Transport
- 8: International Day of Older Persons
- 9: Friends of Paynesville Library Book Sale
- 10: East Gippsland Art Gallery Exhibition
- 11: Third Age Fitness Classes
- 12: Joy - Dance Fun & Fitness - Johnsonville
- 13: Games & Coffee - Mallacoota
- 13: Orbost Senior Citizens
- 14: Switchboard Training - SafeTALK
- 15: Walking Basketball - Lakes Entrance
- 16: Poetry Picnic - Swifts Creek
- 17: Navigating the Aged Care System - Roadshow
- 18: Home Energy Efficiency Kits - Roadshow
- 19: Senior Lunches - Mallacoota
- 20: Coffee Cake & Conversation - Lakes Entrance
- 20: U3A Art & Craft Display
- 21: Navigating Aged Care Supports for LGBTI+ Communities
- 22: Succession Planning Roadshow
- 23: Swan Reach Community Book Exchange
- 23: Twin Rivers Boomerang Bags + More
- 24: Aged Care Navigation in a Nutshell 22
- 24: Cann River Community Centre Lunch
- 25: How to Live at Home Longer
- 26: Celebrating the Wisdom of our 1st Nation Elders
- 27: Bairnsdale Forever Rainbows
- 28: Le Rocktober - Lakes Entrance
- 29: Senior Dinners - Mallacoota
- 29: Strum at the Clubrooms - Mallacoota

INDEX

- 30: East Gippsland Shire Emergency Dashboard
- 31: East Gippsland Concert Glenn Starr
- 32: Computer Basics - Paynesville
- 33: Harmony Scholars Choir
- 34: Chair Yoga
- 35: Banking Scams Information Session - Roadshow
- 36: Water Safety Awareness - BARC
- 37: Ageing at Home Mallacoota - drop in sessions
- 38: Community Lunch & Shocktober - Benambra
- 38: Probus Club of Orbost Morning Tea
- 39: Art Therapy for Healthy Ageing
- 40: Open Day - Lakes Entrance Senior Citizens
- 41: Understanding Wills & Estates - Roadshow
- 42: Bairnsdale U3A Open Days
- 42: Women's Health Information Session - Swan Reach
- 43: Special Older Person Storytime
- 44: AI for Seniors - Paynesville
- 45: Scam Awareness Information Session - Paynesville
- 46: Coffee & Cake - Bairnsdale U3A
- 46: Scone & Cuppa Catch Up - Cann River
- 47: Introduction to Services & Support for Carers - Bairnsdale
- 48: Carers Event Wellness Webinar for Seniors
- 49: Naturopath Health & Wellness Presentation - Bairnsdale
- 50: Social BBQ for Carers - Eagle Point
- 51: Remembering the Good Times - Nonagenarians
- 51: Gravel Roads String Band - Bairnsdale
- 52: How to Live at Home Longer Presentation - Swan Reach
- 53: Michael Hinchey - An Expeditioners Recollection
- 53: High Country Luncheon - Omeo
- 54: East Gippsland Art Exhibition - Presently, here!
- 55: East Gippsland Art Exhibition - Laurel Foenander
- 56: Lakes Entrance Flower Display & Indoor Market

INDEX

- 56: East Gippsland Markets
- 57: Orbost Garden Club
- 57: High Country Harvest Exchange
- 58: Support Services - East Gippsland Red Cross Service
- 58: Support Services - Royal Flying Doctor Service
- 59: Support Services - Register for Carer Support
- 59: Support Services - Victorian Seniors Card
- 60: Support Services - Companion Card
- 60: Support Services - Accessible Parking Permit
- 60: Support Services - Dementia Services
- 60: Support Services - Better Health Chanel
- 61: Support Services - Council of the Ageing (COTA)
- 61: Support Services - Seniors Rights Victoria (SRV)
- 61: Support Services - Elder Rights Australia (ERA)
- 62: University of the Third Age
- 63: East Gippsland Age Friendly Strategy
- 63: East Gippsland Community Directory
- 64: Non Urgent Emergency Care After Hours Medical Services
- 64: East Gippsland Shire Libraries
- 64: Your Say East Gippsland



Free public transport

Sunday 5 October to Sunday 12 October

As a Victorian Seniors Card holder, you can get out and explore metropolitan Melbourne and regional Victoria with eight days of free travel from Sunday 5 October to Sunday 12 October.

How to travel during the free travel period

Remember to always carry your Seniors myki and Victorian Seniors Card with you on public transport. Touch on and off as usual, you won't be charged. On regional services that don't use myki, just show your Victorian Seniors Card to the conductor or bus driver.

Where you can go

You'll be able to travel for free on all public transport in Victoria, including:

- Melbourne trains, trams and buses
- Regional trains, coaches and buses (including regional town bus services).

We recommend travelling during off-peak hours. You'll be more likely to find a seat.

- You need to reserve a seat on long distance V/Line trains and some coaches. To book a seat on V/Line services requiring reservations, visit your nearest station or agent or call 1800 800 007 from 10 am on Tuesday 2 September.
- Seats can fill quickly so book early! You'll need to collect your tickets within 48 hours.
- To make a group booking for up to 19 travelling on a V/Line train service or 12+ travelling on a V/Line coach service, visit your nearest station or agent.
- For larger groups, please submit a group booking request from 10 am on Tuesday 2 September at: vline.com.au/grouptravel
- If you book and can't travel, let us know prior as your seats can be relocated to other customers wanting to travel.



For journey planning scan the QR code, visit transport.vic.gov.au or download the PTV app.

INTERNATIONAL DAY OF OLDER PERSONS

Celebrated on October 1 every year, the International Day of Older Persons is a significant global event dedicated to raising awareness about the challenges and opportunities of ageing. This day serves to honour the contributions older persons make to society and highlights the importance of creating a world where they can live with dignity, independence, and inclusion.

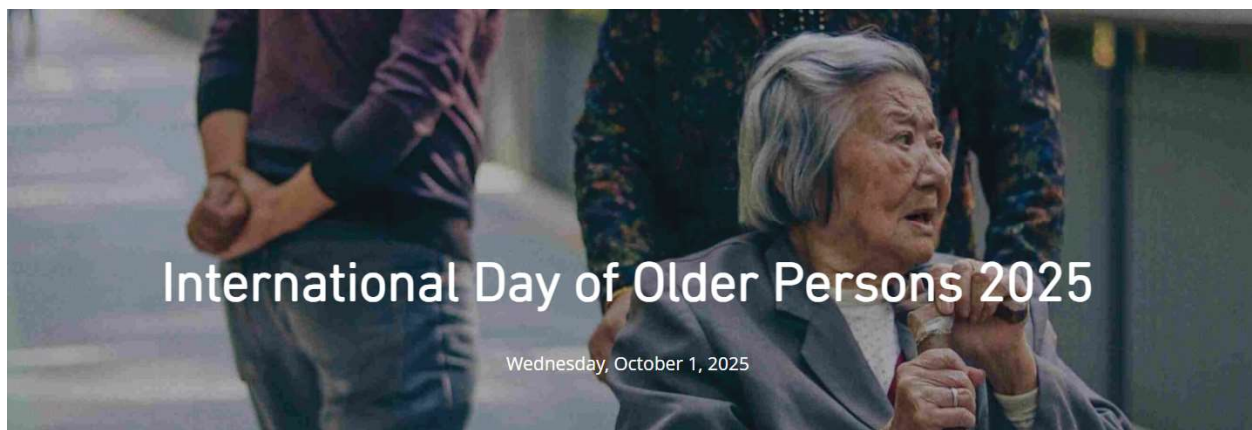
The goals of International Day of Older Persons include:

- Raising awareness of the significance of population ageing and its societal impacts, including healthcare, economics, and social inclusion.
- Promoting the rights of older persons, encouraging governments and organisations to create policies that ensure older people's participation in society and protect their rights.
- Fostering intergenerational collaboration by emphasising solidarity between generations and working toward sustainable development goals that benefit all ages.

Advocating for healthy ageing and inclusion

The world's population is ageing rapidly. By 2050, the number of people aged 65 and older is expected to double, making it crucial to implement policies that support healthy ageing.

Ensuring that older persons have access to healthcare, social protection, and opportunities to engage in society is not only a matter of rights but also essential for sustainable development.



Not only AFL Grand Final!

but also!

Friends of Paynesville Library

BOOKSALE

Cash only

**Friday 26, Saturday 27th,
& Sunday 28th,
September**

10am-3pm Paynesville Community Hall

Find the 3 hidden gift vouchers and win \$10!!!



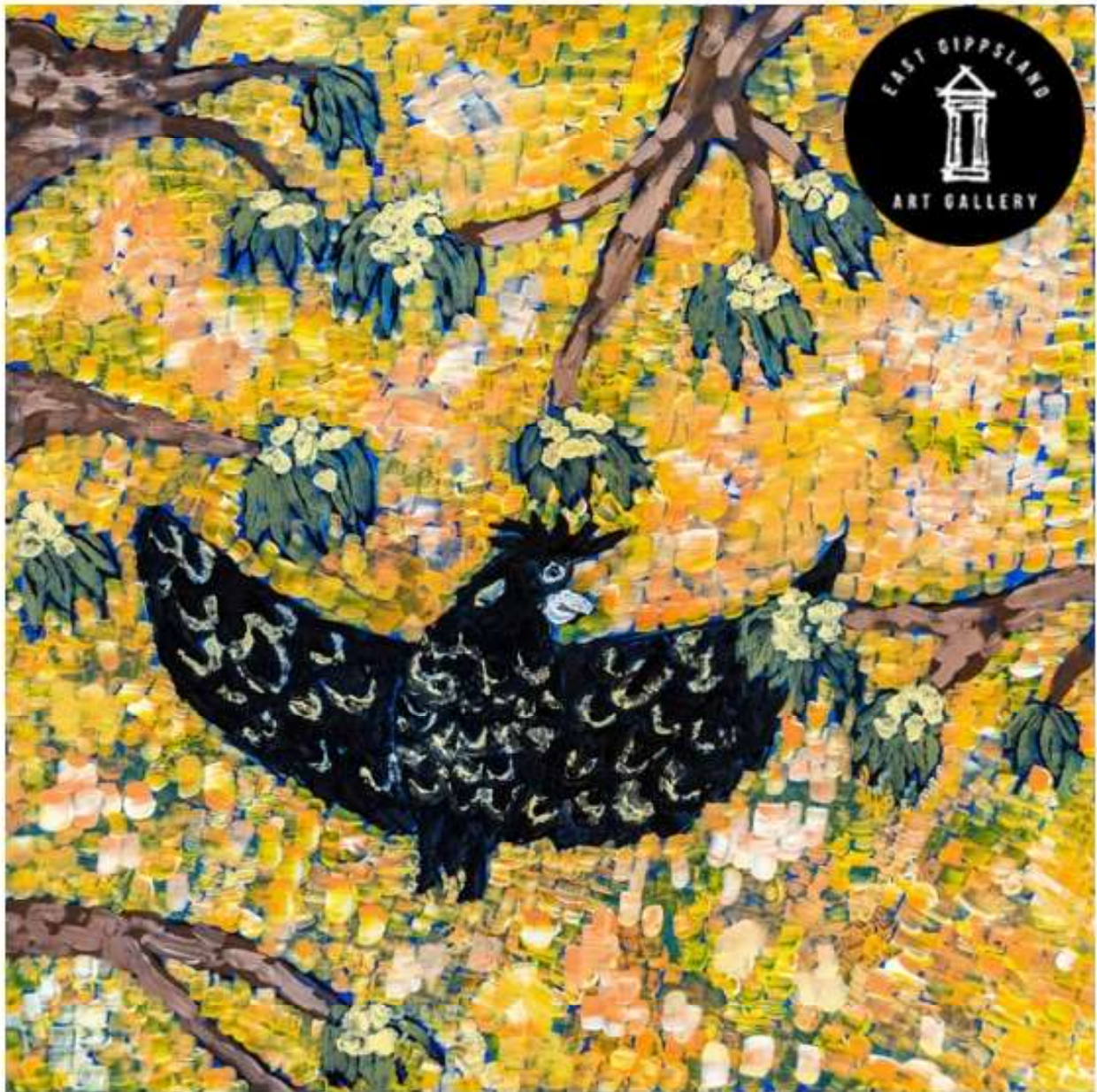
**Trolley in hall for donations of food for
Paynesville Food Bank**

Please give!!!



**Paynesville Toonalook CWA
will have a stall on SATURDAY 10am-3pm**

Next Generation 2025 | East Gippsland Schools Exhibition | 1 - 25 October 2025



Artist Lexie Fordham – Flight at Sunrise

Come and be inspired by the talent and imagination of the next generation of artists and celebrate the creativity of our region's young artists!

Join us for this special exhibition featuring artworks from students across East Gippsland, showcased in a professional gallery set.

East Gippsland Art Gallery ~ 2 Nicholson St, Bairnsdale

SENIORS FESTIVAL OCT 2025

Online Zoom Exercise Classes

WEEK 1

Wed 1st Chair Cardio @10.30am

Fri 3rd Chair Strength @10.30am

WEEK 2

Mon 6th Better Balance @1.30pm

Wed 8th Pilates @8.30am

WEEK 3

Tues 14th Agility Strength @10.30am

Fri 17th Stretch & Relax @10.30am

WEEK 4

Wed 22nd Cardio Walking @10.30am



**JOIN
US FOR
FREE!**



REGISTER NOW!

<https://bit.ly/2025FestivalBookings>

www.thirdagefitness.com.au

Carol - 0411 246 741

JOY + Dance Fun & Fitness



Come and enjoy an adaptable easy ensemble movement dance class that will nurture and nourish you and support your physical, social and mental health and wellbeing.

This one-off event for the East Gippsland Seniors Festival will give you the opportunity to learn an easy improvised movement technique which focuses on fun, moving and creating some great dance steps.

Thursday 2 October, 12pm – 2pm

Johnsonville Hall – 1754 Princes Highway, Johnsonville

RSVP Forge Box Office 03 5152 1482

<https://events.humanitix.com/joyplus>

Cost Gold Coin

Complimentary Afternoon Tea Included!



**Victorian
Seniors
Festival
2025**

Mallacoota Senior Citizens Club Presents

GAMES & COFFEE

Join us for a chat
over a casual cuppa
and game.



10 AM - 12 PM



Every Thursday in October
2nd, 9th, 16th, 23rd, 30th

Mudbrick Pavilion,
Mallacoota

All welcome



FREE



Orbost Senior Citizens

Senior Citizens Centre

24 Gladstone Street, Orbost

orbostseniorcitizens@gmail.com

Meet every Saturday and Monday afternoons for

500-cards — 5154 1752

Carpet Bowls Tuesday afternoons — 5154 2862

Last Tuesday of the month for lunch at 12pm onwards

Monday Mornings Social Bridge — 5154 2952

New members welcome!

Bowls & 500 cost 50c. Includes Tea & Coffee.

Bridge cost \$1 including Tea & Coffee.



LGBTIQA+ Training: Talking about suicide



Switchboard Training - SafeTALK

Friday 3 October
9:30am - 1:30pm

Gippsland Lakes Complete Health
281/285 Main St, Bairnsdale VIC

FREE thanks to the generous support of
East Gippsland Shire Council and VicHealth
Local Government Partnership Program.

switchboard.org.au/training

RSVP via Eventbrite





All levels of basketball experience welcome!

WALKING BASKETBALL

**FRIDAY'S
9.30-11AM**



Join us for walking basketball! Skills session, modified basketball game to suit players abilities & morning tea after for social connection!

EVERY FRIDAY AT LEYRC

Lakes Entrance Youth & Rec Centre
21 Carpenter St, Lakes Entrance

9.30am - 11am

\$5 PER SESSION

Includes warm up, skills, walking basketball game & morning tea!

lakesentrancebasketball.com.au
basketballvictoria.com.au

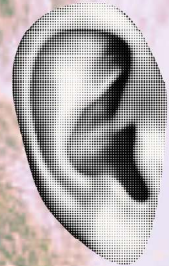




**Community Centre
Swifts Creek Inc.**

ABN 76 381 866 949

POETRY PICNIC



**POETS' WALK PICNIC AREA
SWIFTS CREEK**

**10AM-2PM
SATURDAY 4TH OCTOBER**

**SPECIAL GUESTS, INSPIRATION
STATIONS, OPEN MIC**

**BYO PICNIC FOOD, DRINKS
AND CHAIRS**

**RSVP TO COMMUNITY CENTRE
SWIFTS CREEK 0491 697 298**





Navigating the Aged Care System

Information Session



Spend some time with Cindy and Grant from Services Australia Centrelink!

Are you looking to understand how to navigate the Aged Care System and unsure where to begin?

Cindy, one of the experienced Aged Care Specialist Officers (ACSO's) across Australia, and Grant, Financial Information Services Officer, will be joining us to provide valuable information about My Aged Care and how their roles can support you and your family through the system.

There will be plenty of time for questions, so feel free to bring yours along!

Bairnsdale Library

Monday 6 October
10.00 am – 12.00 pm

Lakes Entrance Service Centre

Tuesday 7 October
10.00 am – 12.00 pm

Orbost Service Centre

Tuesday 7 October
2.00 pm – 4.00 pm

Paynesville Service Centre

Monday 6 October
2.00 pm – 4.00 pm

Mallacoota Service Centre

Tuesday 14 October
10.00 am – 2.00 pm

Book Now

At your library

Phone: 5152 4225

www.trybooking.com/eventlist/eastgippslandshirelibraries

Or scan the QR code





Home Energy Efficiency Kits

Drop in Demonstration For Seniors



Struggling with high energy costs?

Did you know your local library offers Home Energy Efficiency Kits for you to borrow? Just like a book! Each kit comes with a handy instruction guide to help you unlock the secrets of energy savings.

Join us for an engaging demonstration where you'll learn how to use the energy efficiency kit and discover easy tips to slash your energy costs at home!

No need to book in advance - just drop in! Sessions will run for an hour.

Bairnsdale Library

Friday 10 October
10.00 am – 11.00 am

Lakes Entrance Service Centre

Tuesday 7 October
2.00 pm – 3.00 pm

Mallacoota Service Centre

Monday 6 October
1.00 pm - 2.00pm

Orbost Service Centre

Monday 6 October
10.00 am – 11.00 am

Omeo Service Centre

Thursday 9 October
11.00 am – 12.00 pm

Paynesville Service Centre

Friday 10 October
1.30 pm – 2.30 pm

Mallacoota Senior Citizens Club Presents

SENIORS LUNCH

Come along to the Mallacoota Hotel for a casual 2 course lunch.

Every Tuesday in October
7th, 14th (Oktoberfest theme), 21st and 28th

\$20 for 2 courses (member price)

\$25 for 2 courses (non-member)

RSUP

Pam Bobbin
0408 580 219



Coffee, Cake & Conversation

Come along to the Lakes Entrance
History Centre for Coffee, Cake &
Conversation. And perhaps bring a
household item that has some special
meaning for you and tell us
all about it.

More information coming soon
4 Marine Parade, Lakes Entrance
0466 980 166

Save the date
7 October 2025.
We'd love to see
you there!

www.lakeshistory.com



Art and Craft DISPLAY

All are welcome to come along and enjoy the wonderful art and craft created by our talented
U3A Bairnsdale members!

Come and be inspired by the creativity of our local artists and makers.

Whether you're thinking about joining a class, looking for inspiration, or simply want to enjoy the
talent in our community, this is a great opportunity to see what U3A Bairnsdale is all about.



MONTH OF OCTOBER



BAIRNSDALE
UNIVERSITY OF THE THIRD AGE

Navigating aged care supports for LGBTI+ communities

Tuesday 7 October 2025

Free event | 2:30–4PM

Eagle Point Foreshore Hub

12 Eagle Bay Dr, Eagle Point VIC 3878

*Transport available upon request to the event

Pride in Ageing, in partnership with Gippsland Lakes Complete Health's Home and Community Support Services team, invites LGBTI+ people and their loved ones to an information session on navigating aged care support services in the region.

Since 1975, Gippsland Lakes Complete Health has provided locally based health care to improve the wellbeing of East Gippsland communities. As an approved Aged Care Provider, they deliver services such as the Commonwealth Home Support Programme, Department of Veteran Affairs support, Meals on Wheels, Post Acute Care and Home Care Packages.

Presenters Jenni Clark (Coordinator of Client Services) and Terry-Anne Gaskin (Intake Coordinator of Home Care Packages) will provide an overview of the different supports available, including:

- How to access Government-funded aged care services;
- Determining eligibility;
- What the Commonwealth Home Support Programme and Home Care Packages are, including services which can be provided under them; and
- The Support at Home Programme (which replaces Home Care Packages as of 1st November 2025).

There will also be time for questions in a safe, affirming environment. Light refreshments provided.



RSVP via Qr code or
Contact Daniel on 0490115134 or
Daniel.bryen@switchboard.org.au



SUCCESSION PLANNING ROADSHOW

"It's all okay... until
it's not"



FREE

Tea, coffee &
light meal provided



**Practical
Takeaways**

With handouts
& goodies

As part of the **Victorian Seniors
Festival 2025**, **NEX** and

East Gippsland Shire Council are hosting a series of
informative workshops on Succession Planning. These sessions are
designed to give attendees **clarity & confidence** to approach the
important & often difficult topic of succession.

Learn why succession planning matters, what options there are and how to start the process.

7 October 1:30pm - 3:30pm Service Centre/Library, 55 Esplanade Paynesville	9 October 12:00pm - 2:00pm Genoa Community Hall Princes Highway Genoa	14 October 10:00am - 12:00pm Neighbourhood House, 6 Centre Rd Buchan	15 October 2:30pm - 4:30pm Nicholson Hotel 929 Princes Hwy Twin Rivers
21 October 10:00am - 12:00pm GAgG 345 Bengworden Rd Bairnsdale	22 October 10:30am - 12:30pm Service Centre/Library 1 Ruskin St Orbost	28 October 4:00pm - 6:00pm New Rush Brew House 174 Day Ave Omeo	Bookings essential, register at https:// forms.office.com/r/ daf10iQyKv or phone 1300 045 747



**Victorian
Seniors
Festival
2025**

SWAN REACH COMMUNITY BOOK EXCHANGE



Enjoy reading? Looking for the missing title in a sequel? Or that elusive title by your favourite author? Why not opt in any time during open hours and check out the thousands of great novels. You will be greeted by friendly book loving volunteers to help you find that book. Books suitable for all ages and reading interests.

Tuesdays 10am to 2pm

7 October | 14 October | 21 October | 28 October 2025

Twin Rivers Lions Community Shed ~ Swan Reach Recreation Reserve

Rsvp to 0432 188 295 or for further enquiries

Cost FREE



Twin Rivers Boomerang Bags + more

Make new friends – make positivity happen – try something new – have some fun together while engaging in activities to create a range of hand-crafted items made from reserves of donated fabrics.

Sewists of all levels welcome!

Tuesdays 11am

7 October | 14 October | 21 October | 28 October

Twin Rivers Lions Community Shed ~ Swan Reach Recreation Reserve

Rsvp to 0432 188 295 or for further enquiries

FREE

This event is a community inclusion project of Twin Rivers Lions Club Inc





Aged Care Navigation in a Nutshell

The aged care system is a tough nut to crack. Give us 30 minutes to help sort it!

Wednesday, 8 October

Online or via telephone

Bookings required



Festival Partner

Victorian
Seniors
Festival
2025



COTA
VICTORIA



CANN RIVER COMMUNITY CENTRE COMMUNITY LUNCH

DATE: Wednesday 8th October

Time: 12:00pm

Cost: \$5.00 per person

Location: Cann River Community Centre,
13 Princes Highway, Cann River





How to live at home for longer

Latrobe Community Health Service will be hosting three information sessions on in-home aged care services, including an overview of the new 'Support At Home' program, beginning on the 1 November 2025.

Session 1	Session 2	Session 3
Wednesday, 8 October	Tuesday, 14 October	Thursday, 23 October
1:30pm-2:30pm	1:30pm-2:30pm	1:30pm-2:30pm
RSVP: Tuesday, 7 October	RSVP: Monday, 13 October	RSVP: Wednesday, 22 October
68 Macleod Street Bairnsdale (Corner Bailey Street)	68 Macleod Street Bairnsdale (Corner Bailey Street)	68 Macleod Street Bairnsdale (Corner Bailey Street)

RSVP to Craig Ryan on 0428 253 417 ■ Afternoon tea provided

Community Event

Celebrating the Wisdom of Our Elders

Seniors Festival 2025

Take the day to relax with family, share a feed, and enjoy some live music and entertainment in the company of friends, and carers.



11am - 2pm
Thursday 9th October



GLaWAC Amphitheatre
27 Scriveners Rd,
Kalinma West

Register your interest



Or via Forge Theatre box office: 5152 1482

While we appreciate the support of our allies and the wider community, this event is for First Peoples, their families and carers to gather and celebrate.



Victorian
Seniors
Festival
2025

CONNECT
CREATE
CELEBRATE



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



Bairnsdale Forever Rainbows

Come along and connect with other people from community at Forever Rainbows. A monthly social group by Gippsland Pride and Pride in Ageing for LGBTIQA+ folks over 50 in East Gippsland.

Friday 10 October 2.30 PM to 4.00 PM

Connection, Cuppa and Chats



Register and find out more here
www.gippslandpride.com/events
or contact Daniel on 0490115134



Proudly supported by Pride in Ageing



LE ROCKTOBER

SATURDAY 11TH -
SUNDAY 12TH
OCTOBER 2025

FROM
10AM



LEADA, MYER ST COMMITTEE & LE ROCKTOBER
PRESENT

Music On **MYER**

LAKES ENTRANCE VICTORIA

Mallacoota Senior Citizens Club Presents

SENIORS DINNER

Come along for a casual
2 course dinner at the
Mallacoota Golf Club



5:30pm Saturday 11th October
&

5:30pm Saturday 25th October

Mallacoota Golf Club

BOOKINGS

Pam Bobbin
0408 580 219

member price
\$20 for 2 courses
non-member
\$25 for 2 courses

STRUM AT THE CLUBROOMS 3 - 5PM SUNDAY 12TH & SUNDAY 25TH OCTOBER

GOLD COIN
DONATION

COMMUNITY CLUBROOMS
GREER ST
MALLACOOTA





EMERGENCY DASHBOARD

» emergencydashboard.eastgippsland.vic.gov.au

Power outages

Road closures

Outages



Local warnings

Live updates

Weather warnings



SCAN TO VISIT THE DASHBOARD

A one-stop online hub available on phone, tablet or PC for real-time emergency updates and resources for emergency preparedness.



EAST GIPPSLAND SENIORS CONCERT

MONDAY 13 OCTOBER 2025

FOREVER CLASSICS - GLENN STARR THE HITS OF THE 60S

Forever Classics will have you singing along, tapping your feet, and remembering the good times.

A perfect show for anyone who loves this decade of music!

 10 AM - 12 PM

 CLUB EASTWOOD,
BAIRNSDALE

 FREE

 MORNING TEA
PROVIDED

To book your free ticket:
Scan the **QR code**,
call the box office on **(03) 5152 1482**
or visit:
<https://events.humanitix.com/forever-classics-the-hits-of-the-60s>



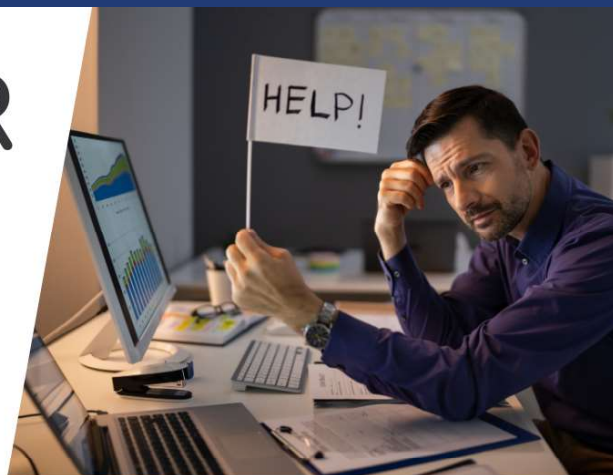
Victorian
Seniors
Festival
2025

**CONNECT
CREATE
CELEBRATE**



COMPUTER BASICS

 Boost Your Computer Skills & Confidence!



Whether you're just getting started or looking to refresh your knowledge, we offer a variety of topics or you can let us know your specific interests and we'll tailor the course to meet your needs.

Topics include:

-  Setting up your computer and navigating programs.
-  Adjusting settings
-  Internet use and online safety
-  Understanding computer terminology and functions

Bring your own device and any questions you have — we're here to help

For more information, or to book your place, contact us:

ph: (03) 5156 0214

e: info@pnc.vic.edu.au

w: www.pnc.vic.edu.au

WHEN:
Mondays
OCT 13TH, 20TH,
27TH,
NOV 10TH & 17TH

12-3PM

WHERE:
Paynesville
Neighbourhood
Centre

COST:
\$50pp/
\$25concession
(Covers all 5
sessions)

Learn Local programs are recognised
Workforce Australia approved activities



ST JOHN'S SENIORS MONTH CONCERT

FEATURING HARMONY SCHOLARS CHOIR



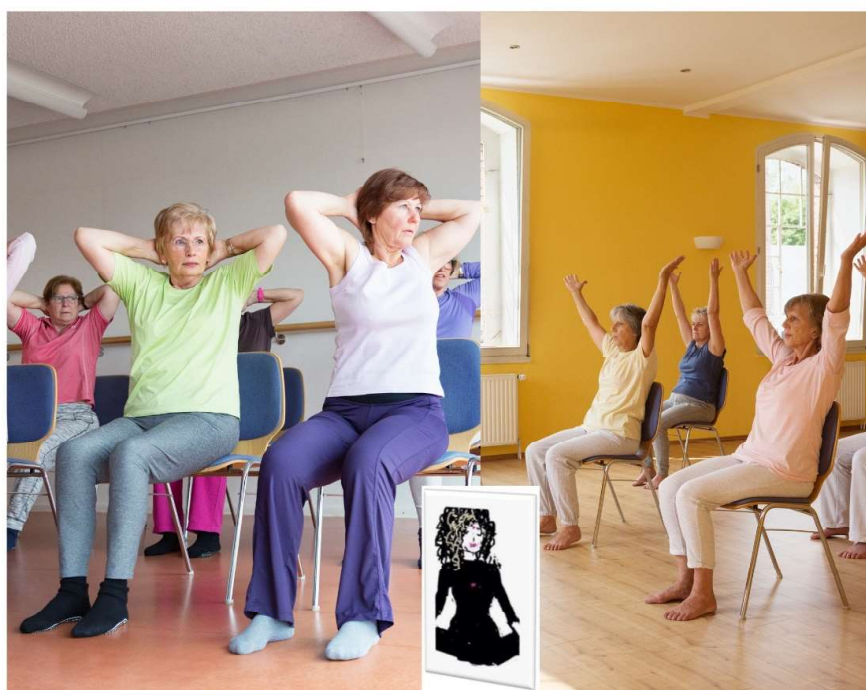
When Tuesday 14 October ~ 2.00 pm
Venue St John's Anglican Church ~ Francis Street Bairnsdale
Cost Free admission
Plus, a delicious afternoon tea!
RSVP 5152 3133 (Mon–Fri: 9.00–12.00)
stjohns.bairnsdale@gmail.com

EAST GIPPSLAND SHIRE LIBRARIES

FREE | BOOKINGS ESSENTIAL

Chair Yoga

With International Yoga Teacher Rhonda James



Lakes Entrance Service Centre

Tuesday 14 October
10.00 am - 11.00 am

Bairnsdale Library

Wednesday 15 October
2.00 pm - 3.00 pm

Book Now

At your library
5152 4225

[www.trybooking.com/eventlist/
eastgippslandshirelibraries](http://www.trybooking.com/eventlist/eastgippslandshirelibraries)
Scan the QR code



Are you interested in learning a new way to relax and maintain fitness?

Chair yoga is gentle and supports the body to move into postures while sitting in a chair. There are various yoga techniques that can be integrated with chair yoga that supports older adults to develop and maintain muscle strength.

Researchers have found that chair-based exercise improves upper and lower body.

Want to feel good, have a laugh and have a good stretch? Come and try chair yoga with International Yoga Teacher Rhonda James.



Libraries
Change Lives

Victorian
Seniors
Festival
2025

FREE | BOOKINGS ESSENTIAL

EAST GIPPSLAND
SHIRE LIBRARIES

Banking Scams Information Session



Presented by Commonwealth Bank



Join us for this informative session with a member of the Commonwealth Bank!

Commonwealth Bank will be presenting a Staying Safe Online seminar which is designed to teach people who aren't confident using digital platforms how to identify and avoid scams and fraud, how to protect themselves online, and give them confidence to securely manage their finances online.

Attendees will learn how to:

- Identify scams and suspicious links
- Protect themselves from scams and fraud (online and telephone scams)
- Create strong passwords and keep them secure
- Safely access online banking
- Stay digitally safe while travelling

The event will run for 60 minutes including time for questions and answers.

Bairnsdale Library

Tuesday 14 October
2.00 pm - 3.30 pmD

Lakes Entrance Service Centre

Friday 17 October
10.00 am - 11.30 am

Orbost Service Centre

Wednesday 15 October
1.00 pm - 2.30 pm

Book Now

At your library
5152 4225

[www.trybooking.com/eventlist/
eastgippslandshirelibraries](http://www.trybooking.com/eventlist/eastgippslandshirelibraries)
Scan the QR code



Libraries
Change Lives

**Victorian
Seniors
Festival
2025**

Embark at the BARC

Come and join the FREE water safety and pool facility awareness session.

The informative session will include how to access the BARC, watch around water, entry and exists into the pool, building confidence, swim wear options, water safety awareness of different waterways, facility and pool tour. The session will also include a Q & A and information for Grandparents when supervising children around our waterways.

Damien one of our swim instructors at the BARC will facilitate the session. He has over 10 years' experience teaching preschoolers through to older adults and has competed at Master swim events for nearly 13 years.

Wednesday 15 October ~ 9.00am – 12.00pm

Bairnsdale Aquatic & Recreation Centre – BARC

80 McKean St, Bairnsdale

FREE with morning tea and light refreshments

BYO Bathers & Towel

RSVP No booking required

For more information email BARC@egipps.vic.gov.au



**Victorian
Seniors
Festival
2025**



**Mallacoota
Cares**
Ageing at Home



Fortnightly drop-in sessions for people ageing at home.

Mallacoota Cares Ageing at Home is pleased to launch fortnightly drop-in information sessions:

- **to provide individual assistance for anyone in the community**
- **you may be ageing or approaching older age yourself, concerned for neighbours or friends, have been referred by your GP, or are family members of those needing support**

Whether you need help to be pointed in the right direction, are preparing in advance, have escalated quite quickly and need more urgent help, need assistance on a phone call or completing online forms (subject to full authorisation), these sessions are for you. The sessions will be led by knowledgeable coordinators and volunteers who have experienced this process themselves who will be on hand to answer your individual questions, and of course, a cuppa will be available.

Mallacoota Cares is a community-based initiative designed to support locals in managing their Home Care Packages (HCPs) with ease, flexibility, and confidence.

Funded by the generous support of the Selwyn Henry Langston Trust as managed by Equity Trustees

ALL
WELCOME

WHEN:

Every second Wednesdays
from 1:15 - 3:15pm

17th September, 15th October, 29th
October, 12th November 2025

WHERE:

Community Clubrooms
Greer St, Mallacoota

What do I need to do?

Booking not required - Just turn up to any session with your questions, and we will do our best to help you!

Questions?

For any questions, please call
0438 163 002
or email info@mallacootacares.com.au



Free Community **BBQ Lunch & Shocktober**

Wed 15th October, 12pm

Benambra Neighbourhood House & Dejarlis Park

Enjoy a **free lunch & dessert** (yes, sponge cake included! 🍰) while learning about **heart health** and getting hands-on with our local **defibrillators**.

Join us for a life changing day. A practical, informative session you won't want to miss!

All welcome. 🍪

Enquires: Benambra Neighbourhood House

Trudy Mobile 0428599250

email

benambraneighbourhoodhouse@gmail.com



Benambra
Neighbourhood House



MORNING TEA **PROBUS CLUB OF** **ORBOST**

Thursday, 16 October

Orbost Elderly Citizens Club Rooms

8 Gladstone Street, Orbost

Free

RSVP for catering by Friday 10 October

Phone 5154 1425 or email

orbostprobusclub@gmail.com

An all-inclusive Morning Tea for the senior community in and around Orbost and further. Chat and sip, socialize and get to know your neighbour. Have fun and win a gift!

This is a showcase for Orbost Probud Club to communicate with fellow citizens for Fun, Fellowship and Friendship!

EAST GIPPSLAND SHIRE LIBRARIES

FREE | BOOKINGS ESSENTIAL

Art Therapy for Healthy Ageing

Presented by Jodie Tuckwell



Paynesville

Service Centre

Thursday 16 October
10.00 am - 12.30 pm

Lakes Entrance

Service Centre

Monday 20 October
10.00 am - 12.30 pm

Book Now

At your library
5152 4225

[www.trybooking.com/eventlist/
eastgippslandshirelibraries](http://www.trybooking.com/eventlist/eastgippslandshirelibraries)

Scan the QR code



Join us for this exciting, artsy experience!

If you want to experience art to create, enjoy and meet likeminded people then come spend some time with art therapist Jodie Tuckwell.

Enjoy a relaxing morning meeting new people and delving into your creative side as Jodie walks you through creating your very own vision board.

You won't need to bring anything, just yourself!



Libraries
Change Lives

Victorian
Seniors
Festival
2025



Open Day Lakes Entrance Senior Citizens

**Thursday 16th October
2 – 5pm**

45 Coates Road Lakes Entrance

RSVP 10th October to
lakessencitz@gmail.com - 0437 455 549
Cost \$5.00 for tea coffee and biscuit
and BBQ tea if you would like to stay on.

EAST GIPPSLAND SHIRE LIBRARIES

FREE | BOOKINGS ESSENTIAL



Understanding Wills and Estates

Gippsland Community Legal Service



Join us for this informative session!

Gippsland Community Legal Service will introduce you to estate planning, including wills and powers of attorney.

They will discuss why it's important to consider making or updating your will, and to ensure that you have other important documents like a medical treatment decision maker in place.

Bairnsdale Library

Monday 20 October
10.00 am – 11.30 am

Lakes Entrance Service Centre

Thursday 23 October
2.00 pm – 3.30 pm

Mallacoota Service Centre

Friday 17 October
2.00 pm – 3.30 pm

Orbost Service Centre

Thursday 23 October
11.00 am – 12.30 pm

Omeo Service Centre

Friday 17 October
2.00 pm – 3.30 pm

Paynesville Service Centre

Monday 20 October
2.00 pm – 3.30 pm

Book Now

At your library

5152 4225

[www.trybooking.com/eventlist/](http://www.trybooking.com/eventlist/eastgippslandshirelibraries)

eastgippslandshirelibraries

Scan the QR code



Libraries
Change Lives



Victorian
Seniors
Festival
2025



Open Days
20th - 24th October

Join us during Seniors week for an opportunity to see what we do at U3A Bairnsdale and view some of the classes running on the day. Why not sit a while for a chat or a cuppa!!

U3A
 THE UNIVERSITY OF THE THIRD AGE
 U3A Bairnsdale & District Inc
 PH: 5152 3063
www.u3abairnsdale.org.au



Women's Health Information Session for Seniors

Are you or someone you know interested in hearing from our local care professionals. Guest Speakers Carolyn Nelson Mc Grath Foundation Cancer Care Nurse (Breast) and Heather Daly, who specialises in women's health and continence. Opportunities will be available to ask questions and also to speak privately with either Carolyn or Heather.

Tuesday 21 October, 1.30pm
Swan Reach Recreation Reserve Club Rooms
Free
Rsvp: 0432 188 295 or for any enquiries



This event is a community inclusion project of Twin Rivers Lions Club Inc

EAST GIPPSLAND SHIRE LIBRARIES

FREE | NO BOOKINGS REQUIRED



Special Older Person Storytime



Bring your special older person to celebrate the Victorian Seniors Festival at Storytime!

This is a wonderful opportunity for children to share the joy of Storytime with their special older person.

Enjoy engaging tales that inspire creativity and imagination, along with fun songs and rhymes! Storytime sessions are designed for children ages 2-5, each session will last approximately 45 minutes.

Bairnsdale Library

Tuesday 21 October
11.00 am - 12.00 pm

Lakes Entrance Service Centre

Tuesday 21 October
11.00 am - 12.00 pm

Mallacoota Service Centre

Thursday 23 October
2.30 pm - 3.30 pm

Omeo Service Centre

Wednesday
22 October
2.00 pm - 3.00 pm

Orbost Service Centre

Tuesday 21 October
10.30 am - 11.30 am

Paynesville Service Centre

Tuesday 21 October
11.00 am - 12.00 pm

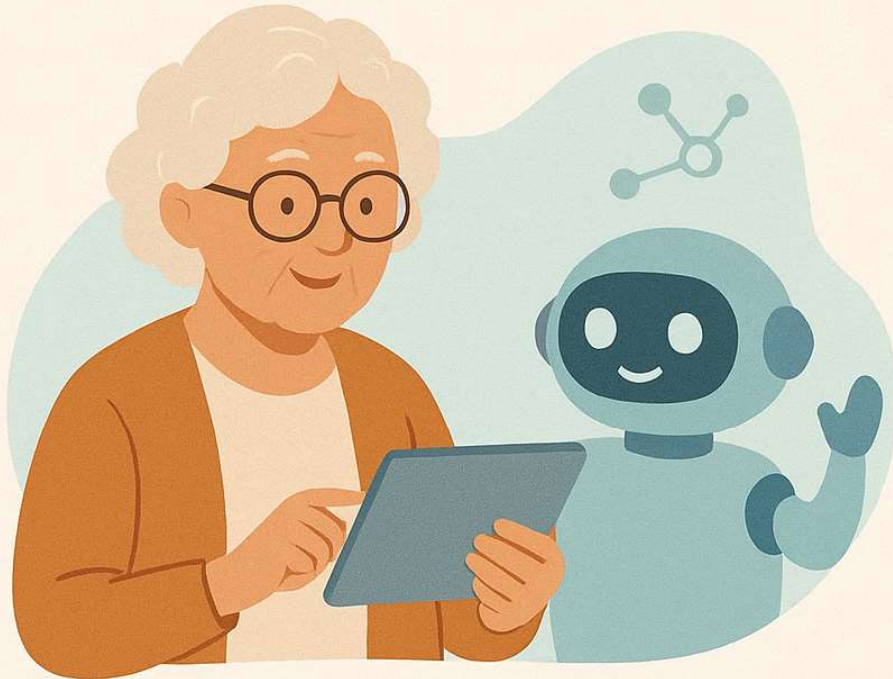


|||||
**Libraries
Change Lives**

**Victorian
Seniors
Festival
2025**

AI for Seniors

A gentle, non-technical introduction to AI



22 October 2025

12:30pm – 2:30pm

Paynesville Neighbourhood Centre

Cost: \$20 per person Duration: 2 hours

Open to everyone, no prior experience needed

**Bring: A device – phone, tablet, or laptop
(other materials will be provided)**

**To book, contact Paynesville Neighbourhood Centre
(03) 5156 0214 or email info@pnc.vic.edu.au**

INFORMATION SESSION SCAM AWARENESS



Join us for an informative session to hear from the staff at Bendigo Bank Paynesville about the latest scam targets and examples.

Get up-to-date insights on the latest scams and how to protect yourself.

- ✦ Ask questions
- ✦ Hear real examples
- ✦ Stay informed

Everyone is welcome — no need to be a Bendigo Bank customer!

Bookings essential.
For more information, or to book your place, contact us:
PH: (03) 5156 0214
Email: info@pnc.vic.edu.au

DATE:
Wednesday 22nd
October
10am-11.30am

WHERE:
Paynesville
Neighbourhood
Centre

COST:
FREE

Light
refreshments
provided



Community Bank
Paynesville & District



a campaign by  Good Things



BAIRNSDALE
UNIVERSITY OF THE THIRD AGE

COFFEE 'N' CAKE



**22ND
OCTOBER**



10:30AM - 11:30AM

Join us for a Coffee 'n' Cake Morning!
Let's sip, chat, and savor sweet
moments together.

SCONE & CUPPA CATCH-UP

DATE: Thursday 23rd October

Time: 11:00am

Location: Cann River Community Centre,
13 Princes Highway, Cann River



INTRODUCTION TO SERVICES AND SUPPORTS FOR CARERS

East Gippsland

A FREE information session and morning tea
for carers, by Carers Victoria and
East Gippsland Shire Council

About this event


Do you provide unpaid care or support to a person who is frail or ageing? Or are you an older person providing unpaid care to a family member or friend?

This event will provide you with information to empower you in navigating the carer support and benefits system. You will also connect with other local carers in a relaxed social environment.

Morning tea will be provided.

This event is FREE for carers but you do need to register to attend.

 events@carersvictoria.org.au

 1800 514 845

 carersvictoria.org.au/events

Thursday 23 October 2025
10:00am-12:00pm
Club Eastwood
117 Great Alpine Road
Lucknow, VIC 3875

Who can attend

This event is open to all older carers and carers who are caring for an older person with support needs, but will also be relevant to all carers.

Scan to register



carersvictoriaev1129.eventbrite.com.au



Nurture counselling

Warmly Presents A FREE WELLNESS WEBINAR FOR EAST GIPPSLAND SENIORS

Thursday 23RD October 2025,
7pm to 8pm Online via Zoom



As East Gippsland Seniors you are welcome to join Amanda Roberts of Nurture Counselling for a free Wellness Webinar.

A holistic health approach to wellness and self-care will be discussed.
The webinar will be via Zoom, therefore the link will be sent to your email.

Please note: This is a general information session only, please consult your local GP if you have any concerns about your health.



RSVP by 21/10/25 via the QR code
nurturecounselling.com.au or email
amanda@nurturecounselling.com.au
Any queries: 0428 996 974



EAST GIPPSLAND
SHIRE LIBRARIES

FREE | BOOKINGS ESSENTIAL

Liz Gillman: Naturopath

Health & Wellness Presentation



Bairnsdale Library

Thursday 23 October
10.00 am – 12.00 pm

Book Now

At your library
5152 4225

www.trybooking.com/eventlist/eastgippslandshirelibraries

Scan the QR code



Are you interested in learning more about improving your health?

Are you seeking to age well into your senior years? Liz Gillman, our local Naturopath, will present on ageing well and the opportunities you have to participate in your own health care.

There will be an opportunity to ask questions and talk with Liz after the presentation.



|||||
**Libraries
Change Lives**

**Victorian
Seniors
Festival
2025**



Social BBQ for Carers ~ FREE



Come and join our group of East Gippsland carers for a BBQ lunch. Carer Events are a great opportunity to meet like-minded people in similar circumstances to your own. You are welcome to bring your Care Recipient to this event if you like, however you (as the Carer) must be in attendance.

Carer Programs at Latrobe Community Health Service in Bairnsdale, are committed to supporting people who are in an unpaid caring role to a loved one. If you look after a spouse, family member or friend who is frail due to age; has dementia; or a disability; a chronic illness; or mental illness, you are eligible to attend our Carer Events!

Friday 24 October 2025

11.00am – 2.00pm

Eagle Point Foreshore Hub, Eagle Point

**Rsvp by Wednesday 22 October to Vanessa Wells 1800 242 696 or
0419 562 633**

Please bring a chair as picnic table seating is limited



U3A INVITES NONAGENARIAN MEMBERS PARTNERS & CARERS TO:

Remembering
THE GOOD TIMES
IN THE COMMUNITY ROOM
FRIDAY | 24th OCTOBER | 11:30am

An annual luncheon is hosted by the U3A Committee each year for members who turn 90 in the year or are already in their 90's. We celebrate and enjoy their rich knowledge and life experience and thank them for their ongoing contribution to U3A.

RSVP
14th October

*Mobile: Jill on 0437 313 434

*Email: johannsen3@bigpond.com

*Register your name at the office

U3A
BAIRNSDALE
UNIVERSITY OF
THE THIRD AGE

CONCERT
INVITATION



FEATURING

Gravel Roads
String Band



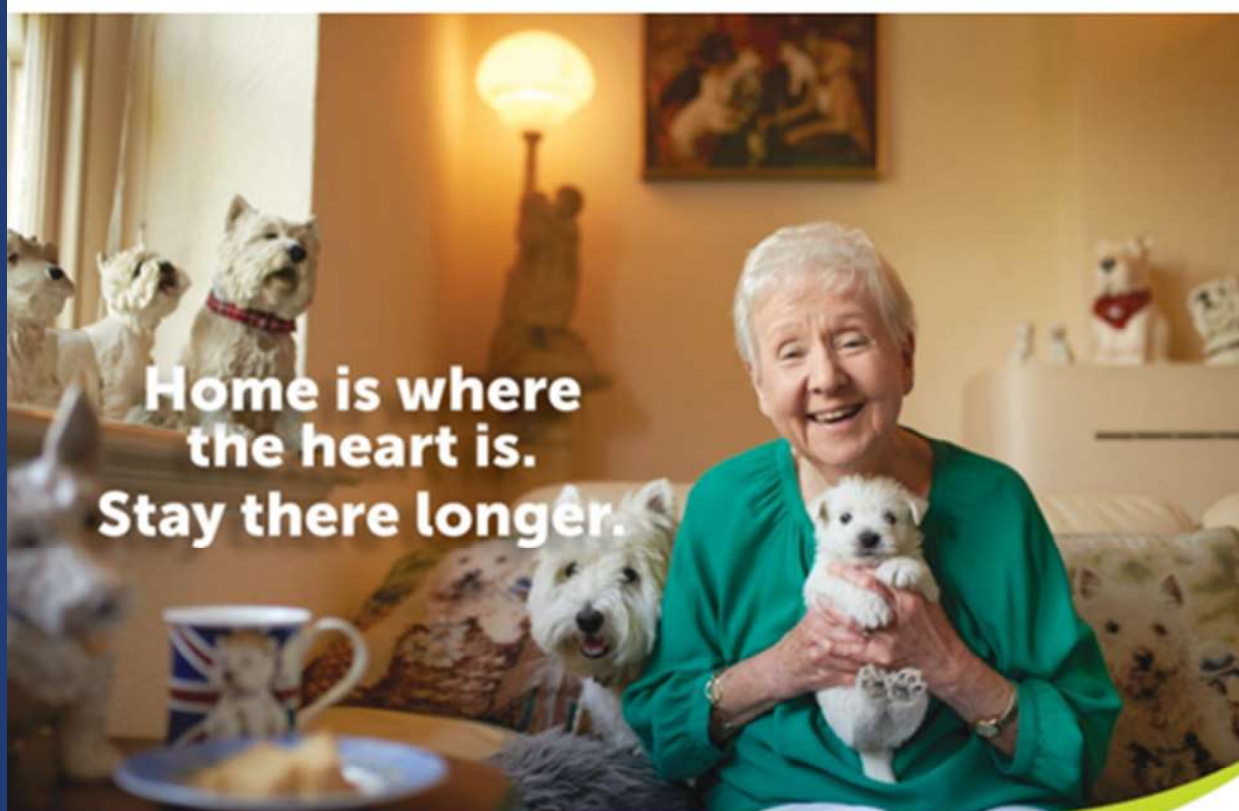
FRIDAY

24TH OCT

1PM - 3PM

ROOM 16

U3A **BAIRNSDALE**
UNIVERSITY OF THE THIRD AGE



**Home is where
the heart is.
Stay there longer.**

Free Information Session How to Live at Home Longer Home Care Packages

Guest Speaker Craig Ryan Latrobe Community Health Service

Our health needs change as we age, but one thing remains and that's our desire to remain living in our own home as long as possible. The current federally funded "Home Care Package" system will be changing from 1 November 2025 to the new "Support at Home" program and Craig will provide an update to how this might impact you, a family member or friend, and outline the pathway towards support at home. This information session is designed for individuals aged 65+ and open to anyone interested in learning more.

Tuesday 28 October

1:30 to 2:30pm

FREE

Swan Reach Recreation Reserve Club Rooms

Rsvp Twin Rivers Lions Club 0432 188 295



**TWIN RIVERS
LIONS CLUB INC**

To find out more contact craig.ryan@lchs.com.au or 0428 253 417

This event is a community inclusion project of Twin Rivers Lions Club Inc



**CALL US
1800 242 696**



**LEARN MORE
care.lchs.com.au**



**Latrobe
Community
Health Service**



Michael Hinchey - An Expeditioner's Recollection

***Mawson and Macquarie Island,
Antarctica in the 1970's***



Bairnsdale Library

Monday 27 October
2.00 pm - 4.00 pm

Book Now

At your library
5152 4225

www.trybooking.com/eventlist/eastgippslandshirelibraries
Scan the QR code

Get an eyewitness account of the wild and frozen world!

East Gippsland local Michael Hinchey spent two years in Antarctica at Macquarie Island (1975) and Mawson (1977) as station electrician.

Living for an extended time in isolation resulted in many interesting and exciting experiences with dog sledding expeditions the highlight of his time in the Antarctic. The presentation will include a 1-hour slideshow.



Libraries
Change Lives

Victorian
Seniors
Festival
2025



Celebrate Seniors Month Luncheon



Join us for a delicious roast lunch & dessert at the Fresh Air Café, Omeo
Enjoy music, laughter, great company and good food – all in celebration of our wonderful seniors.

Tuesday 28th October 11.30am

Bookings essential – call/text Trudy at Benambra
Neighbourhood House ☎ 0428 599 250 or 📧
benambraneighbourhoodhouse@gmail.com



Benambra
Neighbourhood House

Presently, Here

Special Opening Event ~ Friday 31 October

Exhibition ~ 31 October - 06 December

All welcome Free



Clay brought us together, but it's everything around it that kept us here—the conversations, the laughter, the quiet understanding. Late nights in the studio, long-table gatherings, the rhythm of making and remaking.

Failures turned into breakthroughs, lessons into stories. No competition, just support. No expectations, just exploration. We shape clay, and in turn, it shapes us.

Our work embodies earth, air, water, and fire—elements that forge both art and friendship.

East Gippsland Art Gallery | 2 Nicholson Street | Bairnsdale



Artists: Andrea Hall, Liz Millier, Elizabeth McCarthy, Wendy Reeve, Bradden Taylor, Cindy Tong, Elisabeth Wearne

Laurel Foenander|Roads Well-Travelled

Special opening event Friday 31 October 2025

31 October - 06 December 2025

All welcome. Free

Gippsland artist Laurel Foenander, *Roads Well-Travelled* presents a rich collection of oil paintings. A contemporary realist with over 25 years of practice, Laurel is known for her finely detailed and evocative depictions of the natural world. Winner of the 2021 Maritime Art Prize, her work is held in private and public collections and is celebrated for her portrayals of Australian native birds.



Image: Laurel Foenander, *The Road Well Travelled, Wilson's Prom*, Oil on linen

East Gippsland Art Gallery - 2 Nicholson St, Bairnsdale





Lakes Entrance Flower Display and Indoor Market

Come and see the beautiful flower displays, plants for sale, market stalls, bric-a-brac, crafts and raffle prizes - refreshments available.

Mechanics Hall
18 Mechanics Street,
Lakes Entrance

1 November 9am – 3pm
2 November 9am – 2pm

FREE

East Gippsland Markets

October

4 October	Mallacoota Artisans and Produce Market Mudbrick Pavilion at the Mallacoota Lions Park Stall enquiries 0447 890 351	9am – 1pm
5 October	Surf Life Saving Lakes Entrance Market Foreshore Lakes Entrance ~ east of rotunda	8 am - 1pm
11 October	Metung Market Metung Business & Tourism Association Village Green, Metung	8am - 12:30pm
12 October	Paynesville Lions Community Market A. J. Gilsenan Reserve, Paynesville	8am - 1pm
25 October	Paynesville Farmers & Makers Market Rotary Club of Mitchell River The Foreshore Esplanade, Paynesville	7am - 1pm

Orbost Garden Club Inc.

Meet at Senior Citizens Clubrooms
(Gladstone St. Entrance) 1.30pm

When: Second Thursday of each month.

New members most welcome!

For more details Publicity Officer 5154 1685.

Aims and Objectives of the Club:

To share knowledge, visit gardens in the wider community and retain an interest in beautification within the Orbost township and surrounding communities.

Sensory Garden Morning Tea

When: Third Wednesday of each month - 10am



HARVEST EXCHANGE CALENDAR 2025-2026



2025	
SA TURDAY 27 SEPTEMBER ENSAY Ensay Memorial Hall	SA TURDAY 11 OCTOBER SWIFTS CREEK Community Centre
SA TURDAY 25 OCTOBER OMEIO Courthouse Gardens	SA TURDAY 8 NOVEMBER BENAMBRA Neighbourhood House
SA TURDAY 22 NOVEMBER ENSAY Ensay Memorial Hall	SA TURDAY 6 DECEMBER SWIFTS CREEK Community Centre
2026	
SA TURDAY 17 JANUARY OMEIO Court House Gardens	SA TURDAY 31 JANUARY BENAMBRA Neighbourhood House
SA TURDAY 14 FEBRUARY ENSAY Ensay Memorial Hall	SA TURDAY 28 FEBRUARY SWIFTS CREEK Community Centre
SA TURDAY 14 MARCH OMEIO Court House Gardens	SA TURDAY 28 MARCH BENAMBRA Neighbourhood House
SA TURDAY 11 APRIL ENSAY Ensay Memorial Hall	SA TURDAY 25 APRIL (ANZAC DAY) SWIFTS CREEK Community Centre
SA TURDAY 9 MAY OMEIO Court House Gardens	SA TURDAY 23 MAY BENAMBRA Neighbourhood House

SATURDAYS AS PER TIMETABLE

10:30am - Register Produce

Register your produce
and place it on the table

11am - Swap and share
Take what you like, share
and chat

11:30am - Excess for Everyone

Leftover produce is
shared around or taken
home

WHAT TO BRING

Fresh fruit and veges,
eggs, honey, homemade
preserves, baked goods,
seedlings, empty jam jars,
empty egg cartons, your
favourite recipe or
gardening tips.

Nothing to bring?
Come along anyway....
Growers love to share!

Contact the Community Centre Swifts Creek for more info:
E: ccswiftscreek@gmail.com T: 0491 697 298



Community Centre
Swifts Creek Inc.

SUPPORT SERVICES

East Gippsland Red Cross Service

Red Cross provides door-to-door transport to assist community to attend non-emergency medical appointments if there is no other means of transportation. The service is free, however donations are strongly encouraged and greatly appreciated to assist Red Cross to drive the service further.

For more information about accessing or booking patient transport call 8327 7868 or 1800 733 276

www.redcross.org.au/patient-transport-vic



Royal Flying Doctor Service

The free Royal Flying Doctor Community Transport service to help community members access health appointments and group programs.

With the help of volunteer drivers, the service will connect the local community to their health appointment.

The service operates from Lakes Entrance and is available to locals residing within the Lakes Entrance and surrounds.

Book 03 7046 4664 or

email: communitytransport@rfdsvic.com.au

Register for Carer Support – Carer Gateway

As a carer, you help the person you care for with many activities in and around the home.

Understanding what you need to do and what help you can get can make your life easier.

- Making a home safe
- Using alarms and monitors
- Getting help at home
- Planning and getting help with meals
- Helping with eating
- Lifting and moving people safely
- Respite Care
- Support to take a break – respite

Phone 1800 422 737 or visit www.carergateway.gov.au/

Victorian Seniors Card

To qualify for a Seniors Card you must be a permanent resident of Australia aged 60 or over and or 50 and over for First Nations people from Australia who work less than 35 hours per week.

Look out for the 'Seniors Card Welcome Here' logo or ask for Seniors Card discounts when you are shopping, dining or attending arts and entertainment.

For more information go to
www.seniorsonline.vic.gov.au/seniors-card or
phone 1300 797 210

Companion Card

The Companion Card is for people with significant and permanent disability, who have a life long need for a high level of attendant care to participate in social activities or events where an entry fee is charged.

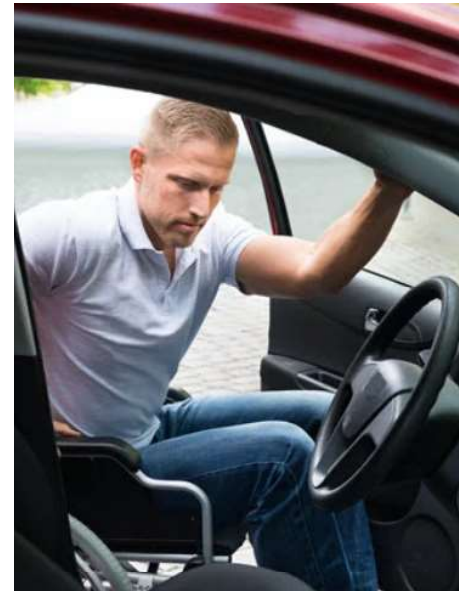


To check out if you are eligible contact the Victorian Companion Card Information line 1800 650 611 or email companioncard@dffh.vic.gov.au www.companioncard.vic.gov.au

Accessible Parking Permit

If you have a significant disability or injury, you may be eligible for an Accessibility Parking Permit. There are different types of permits which allow you to park in accessible parking bays and/or park in regular bays for double the usual time.

To apply for or renew a permit go to: www.eastgippsland.vic.gov.au/community/accessible-parking-permit or phone 5153 9500



Dementia services

Phone: 1800 100 500

Email: helpline.nat@dementia.org.au

www.dementia.org.au/get-support/national-dementia-helpline



www.betterhealth.vic.gov.au

Council of the Ageing (COTA)



COTA Victoria is the leading not-for-profit organisation representing the interests and rights of people aged 50+ in Victoria.

For 70 years, we have led government, corporate and community thinking about the positive aspects of ageing.

Today, our focus is on promoting opportunities for and protecting the rights of older Victorians.

To learn more about COTA and access resources and information visit www.cotavic.org.au/ or phone 1300 135 090



Seniors Rights Victoria (SRV)

Seniors Rights Victoria provide information, support, advice and education to help prevent elder abuse and safeguard the rights, dignity and independence of older Victorian people over 60 and or any Indigenous Victorians over 45 years.

For more information call 1300 368 821
or visit www.seniorsrights.org.au



Elder Rights Australia (ERA)

To speak with an advocate - free call 1800 700 600
For general enquiries email admin@era.asn.au or
call (03) 9602 3066 – mobile and STD rates may apply.

University of The Third Age

U3A stands for University of the Third Age

A U3A is a university in the original sense of the word: a community of people devoted to learning.

We are a volunteer co-operative of older people who share many educational, creative and leisure activities.

Although it is called a "university", being in your Third Age is the only qualification needed to participate in our U3A.

Bairnsdale U3A

Phone: (03) 5152 3063

Email: u3abairnsdale@gmail.com

Lakes Entrance U3A

Phone: 0414 739 617

Email: info@lakesu3a.com.au

Mallacoota U3A

Phone: 0408 996 768

Email: info@u3amallacoota.org.au



Ageing Well in East Gippsland: Age-friendly Communities Strategy 2017- 2030

The strategy assists East Gippsland Shire Council to implement an Age-friendly approach to population ageing, as developed and encouraged by the World Health Organisation (WHO), Age-friendly Cities and Communities and the Victorian State Government, Age Friendly Victoria. For more information: www.eastgippsland.vic.gov.au/community/seniors

Need it near? Find it here!

Community events, services
and clubs are **a click away**



 **East Gippsland
Community Directory**



Need help with your listing?

1300 762 515
support@mycommunitydirectory.com.au



Non-Urgent Emergency Care After Hours Medical Services



East Gippsland Capstone Medical Centre 0409 685 520

Gippsland Health Access | 1800 272 767

Nurse-On-Call | 1300 60 60 24

Victorian Virtual Emergency Department www.vved.org.au



5152 4225 or 1300 555 886



<https://www.eastgippsland.vic.gov.au/leisure/library-events>



library@egipps.vic.gov.au



Visit your local library

Bookings: <https://www.trybooking.com/eventlist/eastgippslandshirelibraries>

East Gippsland Shire Council is a proud member



WHO Global Network
for Age-friendly Cities
and Communities



Phone: (03) 5153 9500

Email: feedback@egipps.vic.gov.au

Post: PO Box 1618, Bairnsdale, Victoria, 3875

Website: www.eastgippsland.vic.gov.au

Facebook: www.facebook.com/eastgippyshire