

Loddon Victorian Seniors Festival 2024



Victorian
Seniors
Festival
2024

EXPLORE.
ENGAGE.
EVOLVE.



Welcome to the 2024 Seniors Festival!

We are delighted to welcome all our seniors to this year's festival, which provides a wonderful opportunity for our older citizens to get out and about, and connect with one another while enjoying a variety of great activities.

Not only does the festival celebrate the invaluable and diverse contributions of our senior community, it is a tribute to the enduring wisdom and experience of our older community members.

Whether you're looking to enjoy live entertainment, discover something new or simply catch up with friends, the Loddon Victorian Seniors Festival has something for everyone.

We encourage all our older residents to get involved in this year's festival, and join with us in continuing its great success.

The Loddon Seniors Festival is brought to our residents with support from Victorian Seniors Festival funding.

Keeping your mind active is just as important as keeping your body active

Sudoku

A 9x9 square must be filled in with numbers from 1-9 with no repeated numbers in each line, horizontally or vertically.

		7		1	3
4	2	5		8	
9	7	3	6	5	
	4			1	2
6		2		4	
2			7	5	8
	5	9	4	2	7
9	6	1			



This Seniors Gala Event is supported by Loddon Shire Council's Community Flood Recovery Hub Program which is jointly funded by the Australian and Victorian Governments.

2024 Loddon Seniors Festival Gala Day

BOORT MEMORIAL HALL



A TRIBUTE TO THE FIRST QUEENS OF COUNTRY MUSIC

Honky Tonk Queens

Tammy Wynette
Patsy Cline
Loretta Lynn
Dolly Parton

AMBER JOY POULTON & THE HOLY TWO
PRESENT THE SONGS OF

LORETTA DOLLY PATSY TAMMY

Come and join us for a delightful day filled with interactive activities, various stalls, and chances to win lucky door prizes.

Enjoy activities and stalls starting from 10.30am

Indulge in a delicious two-course lunch from 12pm

The concert will kick off at 1pm

If you need transportation, contact the Loddon Shire on 5494 1200 to reserve a spot. Cost is Free - bookings essential

Wednesday 9 October

Festival Partner

Victorian Seniors Festival 2024



More information and tickets contact the Shire on the above number or scan the QR code





Senior Citizens Centres

Senior Citizen Centres provide a friendly, welcoming place for social activities, meals and educational opportunities for residents over 55.

The programs are coordinated by the Seniors Committees and can vary between centres. Each centre holds a weekly or monthly luncheon.

If you are looking to meet new friends and become more involved with your community then why not join your local Senior Citizens Centre.



Loddon Shire is home to six centres, located in:

BOORT Godfrey Street, Boort

EAST LODDON (CALIVIL)

Prairie West Road, Calivil

INGLEWOOD

75 Grant Street, Inglewood

PYRAMID HILL

6-10 McKay Street, Pyramid Hill

TARNAGULLA

Commercial Road, Tarnagulla

WEDDERBURN

12-14 Peters Street, Wedderburn

Further information can be obtained from Loddon Shire Council on 03 5494 1200.

Social Support Programs



OUR AIMS

To support people to remain in their own homes whether they live alone or with family.

To support carers and offer respite.

To meet the needs of individuals by providing social activities within a group setting.

To provide emotional support to individuals

Encourage contact with other community organisations where appropriate.

To ensure access to a range of Allied Health Services.

ELIGIBILITY

Any adult living in their own home that is unable to attend larger or more active group functions and adults who need help to maintain their independence.

TRANSPORT

BDH has two 10 seater buses with wheelchair lifts. Transports to and from the Day Centre are free of charge. A local transport service is available for shopping and medical appointments, as well as transport for clients to specialist medical appointments in places such as Kerang, Bendigo and Swan Hill.

COST

\$15.00 per day session, which includes a hot meal for lunch, morning and afternoon tea. *(Extra charges may apply for special activities).* Staying Strong sessions are \$5.

SOCIAL SUPPORT PROGRAMS

Monday

Talk and Tucker; meal and a chat
Men on the Move Program

Tuesday

Fun & Friends; meal and variety of activities and outings

Wednesday

Staying Strong Program

Thursday

Ladies & Laughs; meal and variety of activities and outings.

Friday

Staying Strong Program
Down The Street shopping service

PLUS

Special Outings and Programs including; Home chat and a Medical transport service;
And the Day Centre is a great place for a cuppa and a chat

*Diversity
Equality
Inclusion*

CONTACT US

Phone 03 5451 5200

31 Kiniry Street
Boort VIC 3537

www.bdh.vic.gov.au

Come and join our Social Support



Who can join our social support groups?

Any older adult living at home who would like to participate more in community life and maintain their independence.

IDHS can also provide transport where needed to access the group sessions/ outings.

There is a charge of \$17.00 per day session, which includes morning tea and a hot meal for lunch.

Outings - The cost is \$10.00 for transport and an additional out-of-pocket cost for lunch. An account will be sent monthly and can be paid at IDHS reception, the Post Office, Commonwealth Bank Branches, direct debit, and online.

OUR AIMS

We support people to remain in their homes, whether alone or with family.

To support carers and offer respite.

To provide social activities in a group setting.

We encourage consumers to join community groups.

Please book through our Social Support Coordinator Deb & Vas to attend these outings, as seats are limited.

If you would like an events calendar sent to you each month or to learn more about your eligibility for My Aged Care, or help to register, please call IDHS on 5431 7000 or 0456 776 248

SOCIAL SUPPORT PROGRAMS

Monday

Individual social support by appointment
Tarnagulla monthly lunch/ outing

Tuesday

Group outing
Individual Support
Down-the-street shopping service by appointment in the afternoon

Wednesday

Activities & lunch in Inglewood
Once-a-month outings
It starts at 10 am in the Senior Citizens Rooms Inglewood

Thursday

Activities & lunch
Men's Group trip & lunch once a month; the group decides on destinations.
It starts at 10 am in the Senior Citizens Rooms Wedderburn

Visit a Library Today!



Town	Location	Usual Opening Times	Library Staff Visits
Boort	Boort Resource & Information Centre 119-121 Godfrey St Boort	Mon-Fri 10am-3.30pm	Mon & Thurs 10.30am-12pm
Dingee	Dingee Railway Station Bendigo Pyramid Rd Dingee	Tues 9-11am	Tues 9-10.30am
Inglewood	Inglewood Community Neighbourhood House, Inglewood Town Hall Hub 20 Verdon St, Inglewood	Mon-Thurs 9am-4.30pm	Wed 1-3pm
Pyramid Hill	Pyramid Hill Neighbourhood House Unit 5-8 43 Kelly St Pyramid Hill	Tues-Fri 10am-4pm	Tues 11.30am-1pm
Tarnagulla	Tarnagulla Community Centre 8 Sandy Creek Lane Tarnagulla	N/A	Reserve and Collect First Monday of the month 2-3pm
Wedderburn	Wedderburn Community Centre 24 Wilson St Wedderburn	Mon-Fri 9am-5pm	Wed 10am-12pm

(03) 5449 2790 or email helpdesk@nchr.vic.gov.au

Delivering
better
care

CONTACT US

Phone (03) 5431 7000
Email admin@idhs.vic.gov.au

3 Hospital St
Inglewood VIC 3517
www.idhs.vic.gov.au

WHAT'S ON at a glance

SPRING STORYWALK: NOT A STICK

By Antoinette Portis

Nardoo Walking Track
Chapel Street, Wedderburn

AVAILABLE ANYTIME

EDIBLE PLANT PROPAGATION AND SEED SAVING WORKSHOP

BOOK
NOW

Learn about growing herbs and vegetables from seeds, cuttings, division and scraps. Includes a demonstration of techniques for growing edibles with simple resources that don't cost too much. *All resources supplied.*

Supported by Healthy Loddon Campaspe and Cultivating Community, Bendigo.

THU 5 SEP, 11AM-12PM

Boort Community Garden
Boort District Health, Kiniry Street

DIY KOKEDAMA BALL

BOOK
NOW

Learn how to make your own hanging Japanese inspired bonsai. These hanging soil and moss balls are easy to make and care for.

TUE 10 SEP, 11.30AM-12.30PM

Pyramid Hill Library Agency

WED 11 SEP, 10.30-11.30AM

Wedderburn Library Agency



GARDENING STORYTIME AND WORKSHOP

Enjoy stories and songs, paint a pot and plant a fragrant herb or edible seedling to take home.

For young families.

Supported by Healthy Loddon Campaspe, and Cultivating Community, Bendigo

THU 12 SEP, 1-1.45PM

Boort Community Garden
Boort District Health, Kiniry Street

BAND SHEEP BIRTHDAY TOUR

BOOK
NOW

Come along to a Baa-riliant birthday bash for the Green Sheep, starring the incredibly talented Band Sheep. Enjoy interactive songs and stories, and create a little sheep to take home. *Ages 2-6 years.*

WED 23 OCT, 11-11.45AM

Wedderburn Library Agency



MEMOIR FOR SENIORS: AN INTRODUCTION

Writer and author Lee Kofman will guide you in reflecting on a life well lived and writing about your memories in an engaging way. Learn how to portray yourself and others in a compelling manner, and to describe vividly important experiences and special places in your life.

**Thurs 10 Oct
10am-12pm**

Wedderburn Library
Agency, Wedderburn
Community Centre
24 Wilson Street
Wedderburn
Morning Tea included



WORKS OF WONDER SORCERY FOR SENIORS

Magic, marvels and music to astound, astonish and amuse. Visual splendour that will set a sparkle in your eye and send wonder into your heart. You'll leave with a head full of floating question marks. Presented with a spirit of artistic flair by that mischievous master of hocus pocus Elio Simonetti and dazzling soubrette Eva Salleh. Especially for Seniors.

**Wed 16 Oct
11am-12pm**

Inglewood Senior
Citizens Hall
75 Grant Street
Inglewood



CANVA CREATE GREETING CARDS

Learn how to design personalised greeting cards effortlessly using Canva's intuitive tools. Discover tips and tricks for customising templates, adding your own images, and crafting messages that truly resonate. BYO iPad or laptop, or use one of ours.

**Tues 8 Oct
9.30am-10.30am**

Dingee Library
Agency, Dingee
Railway Station
Bendigo-Pyramid Rd
Dingee

**Tues 8 Oct
11.30am-12.30pm**

Pyramid Hill Library
Agency, Pyramid Hill
Neighbourhood House
Unit 5-8/43 Kelly Street
Pyramid Hill

Scan the QR code
or contact Goldfields
library on 5449 2790





Loddon Shire Council Seniors Festival \$25 MEAL VOUCHERS!

October is here, and we're celebrating our wonderful seniors with a delicious treat!



Loddon Shire Council is thrilled to offer **\$25 Meal Vouchers** to our fabulous residents aged 60 and over during the Seniors Festival month of October. It's the perfect opportunity to enjoy a great meal out with friends or family, while supporting our fantastic local venues.

Participating Venues

- Victoria Hotel, Boort
- Bridgewater Hotel
- Empire Hotel, Inglewood
- Four Posts, Jarklin
- Dingee Railway Hotel
- Newbridge Hotel
- Victoria Hotel, Pyramid Hill
- Wedderburn Hotel

Important information

- Check opening days and times at each venue as they may vary.
- Booking is preferred to ensure a smooth dining experience.

To receive your \$25 Meal Voucher, simply call our friendly customer service team at Loddon Shire Council on 5494 1200 or scan the QR code. We'll mail your voucher straight to you!

Don't miss out on this fantastic chance to enjoy some great local food and company. Let's make this October a month to remember!



Cheers to great meals and even better company!



ARTS EXPERIENCE

To celebrate Seniors month, come painting and/or drawing, followed by Devonshire Tea from 12.30pm. 60+ years. All FREE! Limited places, bookings are a must, please call 03 5494 3489.

**Tuesday 15 October
10.30am-12pm**

Wedderburn Community House
24 Wilson St, Wedderburn



GARDEN EXPO 2024

Attractions include Coffee to Di For, Market Stalls, Treasure Hunt and Coach House Gallery. \$15 entry to gardens and map tour.

**Sunday 20 October
9.30am-3.30pm**

Pick up maps at
Wedderburn Community House
24 Wilson St, Wedderburn
Phone 03 5494 3489



CHAIR PILATES

Come and try chair pilates for FREE, followed by light refreshments at 11.30am. 60+ years. Registrations are a must, please call 03 5494 3489 to book.

Thursday 17 October 10.30am
Wedderburn Community House
24 Wilson St, Wedderburn



TECH MEETS NATURE

Come to this FREE 60+ years event and learn how technology can help you:

- Identify birds and plants
- Use QR codes in an interactive garden experience

Please call 03 5494 3489 to book.

**Monday 7 October
10.30am-12pm**

For bookings
please call 03 5494 3489



Pyramid Hill Seniors Festival Events!

Friday 4 October

GARDEN PARTY

12 - 2pm Come join us for light lunch
and refreshments in Kelly Park

Friday 18 October

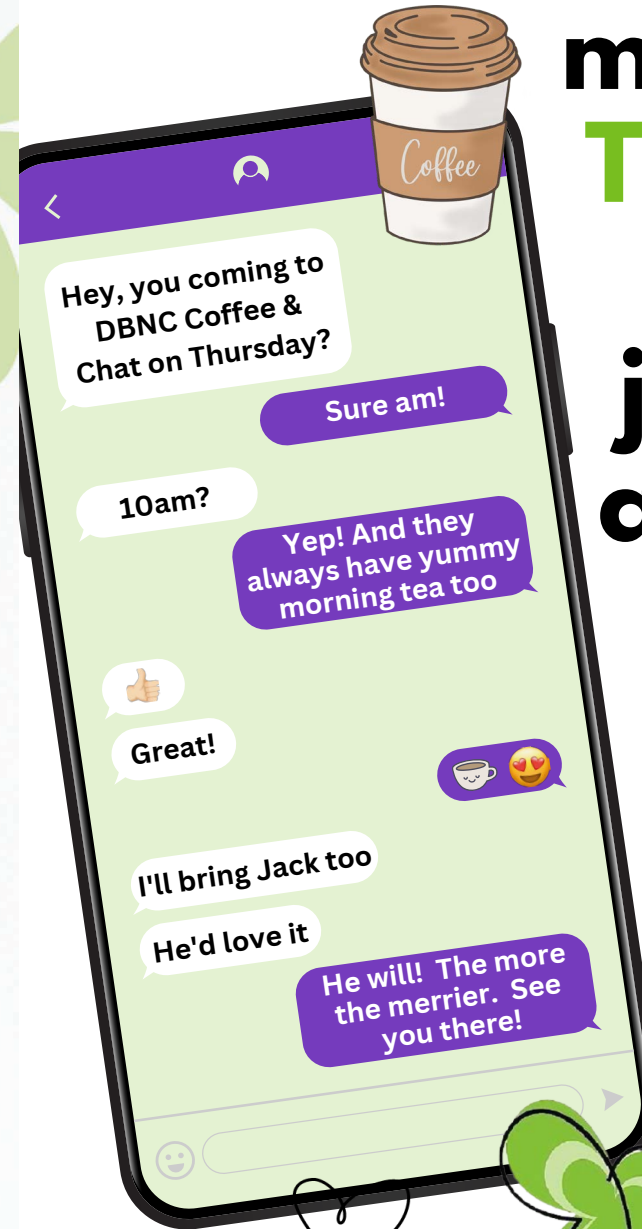
BINGO

2pm - 4pm Enjoy a few games
and light afternoon tea at
Victoria Hotel

to rsvp -

please call 54557129

Neighbourhood House



make your Thursdays great... join us for a cuppa & a chat

2ND & 4TH
THURSDAYS OF
THE MONTH
10AM - 12PM

KEEP UP TO DATE ON
OUR FACEBOOK PAGE!

Coffee & Chat 

Dingee Bush Nursing Centre Inc

Northern District Community Health

COMMUNITY HEALTH

Phone: 03 5451 0200

- Podiatry and Foot care
- Dietitian
- Counselling
- Occupational Therapy
- Diabetes Education
- Speech Pathology
- Paediatric Physiotherapy
- Homelessness support service
- Carer respite program
- Chronic Disease Nursing
- Endocrinology Telehealth
- Healthy Hearts & Lungs
- Registered NDIS provider
- Health Promotion
- AgriSafe™ Clinics

Community Nursing (only available Pyramid Hill)

- Help manage your health and wellbeing at the clinic and home visits
- Palliative care
- Nurse Practitioner appointments

MEDICAL CLINIC

Phone: 03 5452 1366

- Clinic services available include:
- GP consultation
- Nurse Practitioner consultations
- Referrals to specialists
- Immunisations
- Travel vaccines
- Ear Clearance and/or wash out
- ABI (Ankle-Brachial Index test)
- Spirometry (lung function test)
- ECG (Electrocardiogram)
- 24 hr Blood pressure monitor
- 24 hr heart monitor
- Health Assessments
- Cryotherapy
- Diathermy
- Skin biopsy & excision of skin tumours
- GP management plans
- GP mental health plans

Visiting specialists:

- Cardiologist
- Psychologist
- Geriatrician
- Hearing Aid specialists

FIND US

Kerang

24 Fitzroy St
Mon to Fri
8.30am to 5.00pm
Phone: 03 5451 0200

Pyramid Hill

12 Victoria St
Mon to Fri
9.00am to 10.00am (other times by appointment)
Phone: 03 5455 7065

Boort

119 - 121 Godfrey St
Open by appointment only



Northern District Community Health



ONLINE EXERCISE CLASSES

Week 1: Chair Cardio

9.30am Tuesday 1st October

Week 2: Strength Building

10am Wednesday 9th October

Week 3: Better Balance

9.30am Tuesday 15th October

Week 4: Dance Party

10am Friday 25th October

**JOIN
US FOR
FREE!**

**MORE INFORMATION -
<https://bit.ly/seniorsfest24>**

**www.thirdagefitness.com.au
Carol - 0411 246 741**



FRIDAY, OCTOBER 11th

SPRING DANCE

Wedderburn Community Family Dance
Town Hall, Reef Street, Wedderburn

Tickets at the Door | \$10 per person / \$25 Family
DOORS OPEN at 7pm - finish 10pm

Dance Tuition | BYO Supper | Tea and Coffee Provided
ALCOHOL FREE EVENT

Volunteering at Loddon



Have you ever thought about volunteering?

Have you recently moved to the area?

There are many benefits to volunteering, it:

- provides you with a sense of achievement and purpose
- helps you feel part of your community
- enhances your self-esteem and confidence

You're never too young, or too old to volunteer, so join us today!!



Scan this QR Code to go to the Better Impact Website



Or you can call Council on 5494 1200 to find out more information

SPRING MUST DO'S

Cultural heartbeat

Participate on a Djaara cultural tour at Kooyoora State Park, or be enriched at the Wedderburn Coach House Gallery and the Inglewood Eucalyptus Distillery.

Bird watching 'twitching'

Join the 'twitching' craze and go bird watching across the Loddon region in the many state parks and reserves.

Delicious reds

Visit local cellar doors for a wine tasting at Water Wheel Vineyard, Both Banks Vineyard, Old Kingower Vineyard and Connor Park Winery.

Golden delights

Fossick for gold in Wedderburn or Inglewood on a personalised tour with the Gold Nugget Hunter.

Picnic with a view

Relax on the bank of the Loddon River in Bridgewater and enjoy a picnic from award-winning Bridgewater Bakehouse.

Iconic views

Take in the breathtaking views of the northern Loddon region at Mount Hope, Terrick Terrick National Park or Pyramid Hill.

Retail therapy

Visit the vintage and collectables precinct in Inglewood to unearth your own treasure.

For a full list of events and experiences:

www.visitloddonvalley.com.au



Old Kingower Vineyard

SEASONAL event calendar



Tarnagulla Strictly Vintage Fair
September 8 | Tarnagulla

**32nd Annual Wedderburn
Vintage Machinery Rally**
September 14–15 | Wedderburn

Loddon Valley Arts Trail
October 4, 5 and 6 | Loddon Shire wide



Laanecoorie Gold Bash
October 11–13 | Laanecoorie

**2024 Boort Annual Show
and Truck Show**
October 12 | Boort

**Wedderburn Community
House and Garden Expo**
October 20 | Wedderburn

Inglewood Alive
November 3 | Inglewood

**Cork and Fork
(Food and Wine event)**
November 23 | Newbridge

For a full list of events
and experiences:

www.visitloddonvalley.com.au



Find the help you need with myagedcare

If you're finding it harder to do the things you used to, you might need a bit of support at home. The Australian Government's myagedcare phone line and website can help you to:

Access services to support you with:

- **Transport**
(e.g. appointments and activities)
- **Household jobs**
(e.g. vacuuming and preparing meals)
- **Modifications to your home**
(e.g. hand rails, ramps)
- **Nursing and personal care**
(e.g. help getting dressed, help shaving)

Find information in one spot on:

- **Different types of services**
(in home support, short-term care, aged care homes)
- **Your eligibility**
- **Your contribution to the cost**
- **Organisations that provide aged care**

Connect with myagedcare on
www.myagedcare.gov.au or call 1800 200 422

*1800 calls are free from land lines; calls from mobile phones might be charged.

Free public transport



**Sunday 6 October
to Sunday 13 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 6 October to Sunday 13 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.
- Useful information for booking travel in regional Victoria

- 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 10:00am on Tuesday 10 September.
- Seats can fill quickly so book early! You'll need to collect your tickets within 48 hours.
- You can only travel free in economy class.
- 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 10:00am on Tuesday 10 September at: www.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.