



**All events in this booklet are available to Victorian residents aged 50 and above.**

The 2017 Loddon Victorian Seniors Festival is proudly brought to you by the Loddon Shire Council and supported by Victorian Seniors Festival funding.

# The 2017 Loddon Victorian Seniors Festival



For more information, visit [www.loddon.vic.gov.au](http://www.loddon.vic.gov.au)  
or [www.seniorsonline.vic.gov.au](http://www.seniorsonline.vic.gov.au)





## A word from the Mayor

### Welcome to the 2017 Loddon Victorian Seniors Festival Program

In 2017, thousands of active seniors will take part in the broad range of activities that fill up Victoria's calendar for October.

Here in Loddon Shire, the Seniors Festival is a wonderful opportunity for our older citizens to get out and about with activities planned between September 27 and October 5.

The Loddon Seniors Festival feature event is our Gala Day on October 4, and we are excited to announce that we have renowned performer James Blundell coming to entertain us at the Boort Memorial Hall. To have a musician of this calibre coming to Loddon is a real treat for our residents.

Other activities include two mystery trips and a road trip to Sheep Hills to view the wonderful silo paintings.

To find out more, check out the details in this guide, keep an eye on Council's website or phone Loddon Shire Council on 5437 7999.

The Naturally Loddon Festival is on at the same time. Whilst you are out and about, you might like to take in some of these activities as well.

I would encourage all of our Loddon seniors to make the most of what's on offer – not just during this fun filled week, but right through the year.

Cr Neil Beattie  
Mayor  
Loddon Shire Council

## A conversation with the Commissioner

Come along and chat with the Commissioner for Senior Victorians about later life and any other topic of interest to you. Topics include planning for your future, staying connected – social and community participation, and your voice – what's on your mind?

### **Bendigo**

**Tuesday 24 October**

**1.30 pm – 3.30 pm**

***Hosted by City of Greater Bendigo***

**Venue: Bendigo Town Hall,  
189 Hargreaves Street,  
Bendigo**

**No bookings required Enquiries: 1300 135 090**

The Commissioner for Senior Victorians, Gerard Mansour, is committed to working towards an age-friendly and inclusive Victoria for all seniors.

# 10 Tips for Active Seniors

Regular exercise can keep you fit and help you stay independent as you age. Other benefits may include faster recovery from illness, reduced risk of chronic disease and better management of existing medical problems such as osteoarthritis.

Here are some tips for staying active in your senior years.

1. Choose activities you find interesting and manageable. You are more likely to stick to an exercise routine if it's fun.
2. Check with your doctor before you start a new exercise routine. Some activities may not be appropriate if you have been sedentary for a long time or suffer from obesity or a chronic illness.
3. Start slowly and aim for small improvements. Be guided by your doctor about how long and how frequently to exercise. Keep track of your progress in a training diary for added motivation.
4. Make exercise a social event. Invite friends along or sign up for a class so you can meet new people while getting fit.
5. Improve your flexibility. Suggestions include yoga, stretching exercises, lawn bowls or dancing.
6. Build muscle tissue with strength training. For example, you could lift weights or perform a modified form of calisthenics.
7. Look after your bones. Weight-bearing exercise can reduce your risk of bone loss and osteoporosis as you age.
8. Improve your heart and lung fitness. Opt for moderate intensity exercise for maximum benefit. As a general rule, aim for activity that means you breathe hard but are not left feeling breathless.
9. Reduce your risk of falls. Include some balance and coordination exercises in your weekly exercise routine. Good options include tai chi, balancing on one leg and heel to toe stands.
10. Build exercise into your daily routine. Walk to the shops or bus, spend more time in the garden or offer to walk a neighbour's dog.



Make the most of your  
Festival with your  
Victorian Seniors Card

## 2017 Victorian Seniors Festival - Free public transport

Show your Victorian Seniors Card to your conductor or coach driver to travel free between the below dates:

### Metropolitan Melbourne trains/trams/ buses and regional town bus services

Sunday 8 October to Sunday 15 October 2017

### V/Line train/ Buses

Sunday 8 October to 15 October 2017

Bendigo	Ballarat	Mildura
Swan Hill	Maryborough	and many more

### Unreserved V/Line services

Ballarat/Wendouree/Ararat	Bendigo/Eaglehawk/Echuca
and many more	

### Tips:

Make sure you touch on and off using your seniors Myki even during the free travel period. Don't worry, you won't be charged a fare!

Make sure you have a positive balance (\$1) on your Myki to travel on public transport.

To plan your journey or for more information,



# Mystery Trip

**Wednesday 27 September**

This will be a fantastic day out!

## Clue:

the mid to late 19th  
Century Melbourne's  
wealthy used it as a  
summer retreat.

**Where:** Pick up locations at  
Inglewood, Bridgewater,  
Serpentine and Durham Ox

## Bookings essential:

Limited seats are available.  
Please call the Serpentine Office  
on 5437 7999 if you would like to join us.

**Cost: \$50.00 per person**  
includes coach, morning tea,  
lunch, and any entry fees if  
required

## Naturally Loddon - Boort Sculpture by the Lake

From Saturday 14 October 2017 11:00AM to Saturday 14 October 2017 4:00PM

Boort Sculpture By The Lake is a metal sculpture competition at the annual Boort predominantly from metal

Excellent prize money on offer.

Event Location: Boort Park Showgrounds and Lake Foreshor  
Malone Street, Boort 3537

Contact Name : Event organiser

Contact Number : 0417 333 171

Website : <http://www.boortsculp.wordpress.com>

## 2017 Laanecoorie Gold Bash

Three days of action packed detecting activities.

Date & Time: From Friday 6 October 2017 4:00PM to Sunday  
8 October 2017 5:00PM

Cost: Free entry

- Displays, stalls and equipment. Learn about the latest technology
- Gold panning and metal detecting for kids
- Detector training for the complete novice through to the seasoned prospector
- See and learn how to do your own gold pour
- Gold buyers on-site
- 4WD & Camper display, touring information and advice
- Food and drinks available all weekend, including the legendary fish dinner Friday and a fantastic roast on Saturday
- Activities, discussions, training, monster raffle Saturday and Sunday
- Auction Saturday

All proceeds to: Peter MacCallum Cancer Foundation

Contact Name : Laanecoorie Caravan Park

Contact Number : 03 5435 7303

Website : <https://www.facebook.com/search/top/?q=laanecoorie%20gold%20bash>





## Naturally Loddon

Spring Festival Calendar

### Naturally Loddon- Activities Weekend, Terrick Terrick National Park

Friday 29 September 2:00pm - Sunday 1 October 12:00pm

Format: Park tours, plant walks, evening presentations and static displays

Contact Name : Keith Stockwell

Contact Number : 03 5480 9254

Email : [echuca@birdlife.org.au](mailto:echuca@birdlife.org.au)

Website : [http://users.mcmedia.com.au/stocky/terrick\\_terrick.html](http://users.mcmedia.com.au/stocky/terrick_terrick.html)



### Naturally Loddon -Tarnagulla Strictly Vintage Fair

Discover fabulous hidden treasures in this two day event, from Saturday 30 September 2017 1:00PM to Sunday 1 October 2017 4:00PM

Saturday events - 1pm history display, vintage teddy bear collection, High Tea (all in the Victoria Theatre) and historic walk.

Sunday events from 9am - vintage shop and stalls, swing band in Soldiers Memorial Park, self-guided cemetery tour and Sandy Creek Clydesdale. History display, vintage teddy bear collection. Historic town tours.

Contact Name : Loddon Visitor Information Centre

Contact Number : 03 5494 3489

Website : <http://www.tarnagulla.com.au/>



## Sheep Hills Painted Silo

**Monday 2 October**



Today we are off to see Melbourne street artist Matt Adnate's completed mural featuring members of the local indigenous community, at Sheep Hills, 18km southeast of Warracknabeal. This silo is the largest and is the heart of a six silo art trail.

Along the way we will enjoy morning tea at Birchip Bakery and lunch at Warracknabeal.

### Bookings essential:

Limited seats are available.

Please call the Serpentine Office on 5437 7999 if you would like to join us.

**Cost: \$50.00 per person**  
includes coach, morning tea,  
lunch, and any entry fees if  
required



# Loddon Shire Gala Day

**Wednesday 4 October**  
**James Blundell**

Join us to officially launch the Loddon Seniors Festival

## Boort Memorial Hall 1pm - 3pm

James has been credited for paving the way of the likes of Keith Urban, Catherine Britt and Kasey Chambers and for setting the direction of Australian Country music today.



**FREE**  
afternoon tea and  
entertainment

### Bookings essential:

Limited transport available.  
To book a seat please call the  
Serpentine office on 5437 7999



## Still Going Strong

Come along and join one of our Still Going Strong groups within the Loddon Shire. Have a laugh and enjoy the company of others. Catch up with friends, meet new people and learn new things while enjoying a meal.

With four groups available, it is easy to come along to one near you:

### Tarnagulla

Fortnightly  
on Tuesday

### Pyramid Hill & East Loddon

Fortnightly  
on Wednesday

**\$8.00**

**per session**  
**includes 2 course**  
**lunch**

### Inglewood

Fortnightly  
on Tuesday

### Pyramid Hill

Fortnightly  
on Wednesday

**Interested.....**



**Contact Linda Canfield**  
**(03) 5437 7999**

# Apply for a Seniors Card

## Eligibility requirements

To be eligible for a Victorian Seniors Card, you must meet each of the following criteria:

- You must be 60 years of age or over
- Working less than 35 hours per week in paid employment, or fully retired
- A permanent resident of Australia, residing in Victoria

'Permanent resident of Australia' is defined as Australian citizens and all holders of Australian permanent visas.

'Residing in Victoria' means that an applicant's primary residence, at which they spend the majority of the year, is in Victoria.

If you do not meet all three of these criteria, you are not eligible.

## How to apply

Forms can be download from [www.seniorsonline.vic.gov.au](http://www.seniorsonline.vic.gov.au)  
Hard copy forms can be picked up from Australia Post outlets.

Completed applications can be sent to: Seniors Card Program, GPO Box 4316 Melbourne, VIC, 3001 or the completed form can be scanned and emailed to [seniorscard@health.vic.gov.au](mailto:seniorscard@health.vic.gov.au)

Allow approximately 3-4 weeks to process your application and receive your card. You can apply up to 3 weeks before your 60th birthday, if you meet the other two eligibility criteria.



# Mystery Trip

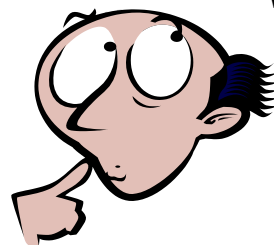
Thursday 5 October

**Come and join us for a wonderful day! So much to see and do!**

**Cost: \$50.00 per person**

includes coach, morning tea, lunch, and any entry fees if required

**Where:** Pick up locations at  
Inglewood, Bridgewater,  
Serpentine and Durham Ox



**Clue:** With a bit of  
history, relaxation  
maybe even a sweet  
treat or two

**Book your seat now to solve the mystery**

**Bookings essential:** please call the Serpentine

Office on 5437 7999



## Bunch of Lunches

Come along and enjoy a delicious two course lunch, with a variety of three different mains and desserts to choose from while enjoying a cuppa and chat.

**Lunch is served: 12 noon**



**Bookings essential**

Call 5437 7999 to  
reserve your place



**Monday 25  
September**

**Empire Hotel  
Inglewood**



**Tuesday 26  
September**

**Newbridge  
Hotel**



**Thursday 28  
September**

**Serpentine  
Hotel**



**Monday 9  
October**

**Wedderburn  
Hotel**



**Wednesday 11  
October**

**Victoria Hotel  
Pyramid Hill**



## Volunteering in Loddon Shire

**Do you want to make a difference!**

**Great communities don't just happen! They are created, nurtured and sustained by caring and involved residents.**

### Why volunteer?

**follow your passions and be involved in something you enjoy**  
work in an area you have always been interested in but never had the chance to learn  
**satisfaction of supporting people in your community**  
develop and share skills whilst learning new things and meeting new people

### What can I do?

**Give visitors to our Shire a great experience.**  
**Join the Loddon Shire Tourism Department as a guide or with bus tours**  
Help our older citizens by delivering a fresh meal to members of your local community

**Or consider volunteering with a local community group or club.**

Robyn Vella  
Marketing and Tourism Officer  
41 High Street, Wedderburn  
Phone: (03) 5494 1218

Linda Canfield  
Social Support Coordinator  
37 Peppercorn Way, Serpentine  
Phone: (03) 5437 7999