

# The 2023 Loddon Victorian Seniors Festival



Victorian  
Seniors  
Festival  
2023





## Welcome to the 2023 Loddon Victorian Seniors Festival

This year's Loddon Victorian Seniors Festival has many fantastic opportunities for our senior citizens to get out and about with a range of activities.

One of the feature events for this year's festival will be the free Gala Day on Tuesday, 10 October at the Boort Memorial Hall from 12.00pm to 3.30pm.

Luncheon will be offered and entertainment by Lonnie Lee, who is sure to get you moving.

Loddon Victorian Seniors Festival celebrates ageing positively and recognising the important contribution older people make to our community. As we know, seniors are an integral part of Loddon Shire's story – this includes their highly valuable contribution to our community via a range of volunteering roles.

Additionally, this year's festival provides a range of opportunities for reconnection among attendees and local service providers.

On behalf of Council, I encourage all our Loddon Seniors to get involved in this year's festival including attending the Gala Day and other activities available across the Shire during this time.

For more information about this year's Loddon Victorian Seniors Festival, please call Loddon Shire Council on 5494 1200 or visit Council's website:

[www.loddon.vic.gov.au](http://www.loddon.vic.gov.au)

The Seniors Festival is delivered in conjunction with the Victorian Government, through the Office for Senior Victorians in the Department of Families, Fairness and Housing.

**Cr Dan Straub**

**Mayor  
Loddon Shire Council**



Presented by



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# LONNIE LEE IN CONCERT

## Rockabilly's Finest

**Tuesday 10 October  
12:00pm – 3:30pm**

Lonnie Lee is Rockabilly's finest, offering a show unlike any other. It's Lee's natural knack of transforming relatively staid songs into something spectacularly sexy, with throats-a-rumblin' and sharp shoulders twitchin' to the rhythm that will see your body bop and boogie all afternoon.

It's a gloriously comprehensive set, nodding to both the obvious staples and plenty of more obscure tracks, and comes packaged in Lee's latest solo tour: Solid Gold.

**Bookings essential:** to book a seat please call Loddon Shire Council on 5494 1200

**Venue:** Boort Memorial Hall  
119 Godfrey St, Boort 3537

**Cost:** FREE  
Luncheon provided

Limited transport available  
call 54941200 to book a seat

**RSVP: Monday 2nd October.**



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**The Loddon Shire Council Seniors Gala Day**  
has been supported through the Victorian and  
Australian funded Community Flood Recovery  
HUB program.



**Australian Government**



In partnership with the following organisations who will be  
in attendance on the day to provide information and  
assistance regarding their services.





Enjoy good food with good friends

**In celebration of the Victorian Seniors Festival, come enjoy a meal at one of the participating venues in Loddon Shire!**

**To register for a \$25.00 meal voucher, call Loddon Shire during business hours on 5494 1200**

**Thank you to our participating venues:**

Boort: Railway Hotel

Bridgewater: Bridgewater Hotel

Inglewood: Empire State Hotel

Mitiamo: Mitiamo Store

Newbridge: Newbridge Hotel

Pyramid Hill: Victoria Hotel

Tarnagulla: Country Café

Wedderburn: Wedderburn Hotel

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**Volunteering**

@Loddon



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

**We need you!**

**Volunteers are the backbone behind any community.**

Our volunteers are a diverse range of people who play a vital and valuable role with the common interest of enhancing the provision of services to the Shire.

**If you would like to volunteer, please complete the Better Impact Registration Form on the Loddon Shire Website:**

**<https://www.loddon.vic.gov.au/Our-Council/Working-with-us/Volunteering-with-Loddon-Shire-Council>**

**Start making a difference today!**

**If you need help to do this, please visit your local community house!**

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## What's On

### Pyramid Hill and District Historical Society

Local history talk and morning tea

Tuesday 17 October 2023

From 10am

Light refreshments provided

Location: Pyramid Hill Senior Citizens Centre

Contact Number: 0409 557 888

Contact Email: [pyramidhill.hist.soc@gmail.com](mailto:pyramidhill.hist.soc@gmail.com)

### East Loddon Historical Society

Museum open every **Tuesday 12-3 pm**

20 Haig Street, Mitiamo 3573

Cost \$4

Contact Robyn: 0428 368 208

Email: [elhs@bigpond.com](mailto:elhs@bigpond.com)

# What's On



## Pyramid Hill

### Neighbourhood House

5-8/43 Kelly St, Pyramid Hill

Phone: 5455 7129

#### Thursday 5 October

3.30pm **Plant and Produce Swap**. Come and share cuttings, gardening tips and produce with your Neighbours!

#### Saturday / Sunday 7 and 8 October

10am - 4pm

**Loddon Valley Arts Trail**. The Pyramid Hill Neighbourhood House joins the Loddon Valley Arts Trail featuring work from local artists Leanne Talbot and Anne Grogan. Come in for a relaxed cuppa, and participate in creating a mural over the weekend.

#### Tuesdays at the Pyramid Hill Neighbourhood House

10.30am **Coffee & Catch Up with friends**. Enjoy morning tea with your friends in our front garden, and catch up on the news.

#### Fridays at the Pyramid Hill Neighbourhood House

2pm - 4pm **Games Fever!** Table-top games afternoons.



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# What's On

## Wedderburn Community House

Seniors painting class and morning tea

**Monday 2 October**

9:30am -12:00pm

Cost: **FREE**

Please register on 5494 3489

Location: 24 Wilson Street Wedderburn

Website: <https://wedderburnch.org.au/>

Contact email: [admin@wedderburnch.org.au](mailto:admin@wedderburnch.org.au)



*Wedderburn Community House*

# Local Community Events

BRIC Boort are running the following activities over the festival period.



## Chatty Cafe is running at BRIC!

Come and have a chat and a FREE coffee and slice every Monday from 10am - 12pm



CIRCUS • LIVE MUSIC • THEATRE

## CAB SUAVE

"A FILM NOIR SHOW THAT WILL HAVE YOU LAUGHING, CLAPPING AND YELLING FOR MORE!"

**BOORT MEMORIAL HALL**

~ GLAM ADELAIDE  
~ INREVIEW  
~ THE ADVERTISER  
~ HI FI WAY

1ST OCT • TICKETS \$25/\$15 KIDS • PG 12+

3PM: GRAB A FEED! Food & drinks on sale  
Free circus play space - kids come and try!

4PM: Ticketed performance begins  
[www.sparklesociety.com.au/info](http://www.sparklesociety.com.au/info)

Sparkle Society rova Australia Council for the Arts

## Annual Boort Agricultural Show

14 October 2023

<http://www.vicagshows.com.au/show-calendar/2023/10/14/boort-annual-show>

Contact Details:

0418 149 904 or 0427 288 889



## Laanecoorie Gold Bash 2023

Gold panning for the young and young at heart.

The gold bash is a two and a half day event with gold related stalls, trivia night, auction, token hunts for kids and adults, gold tours and raffles.

All proceeds raised goes to Peter Mac Cancer Research.

58 Brownbills Road Laanecoorie 3463 Australia

Friday 6 October - Sunday 8 October 2023

Friday 1:00pm—Sunday 2:00pm

**Free event**

laanecooriegoldbash@hotmail.com

Contact number 0402 472 275

<https://www.bendigoregion.com.au/visit-loddon-valley/whatson/laanecoorie-gold-bash-2023>



## Come and try croquet day – Boort

The game for all ages and abilities.

15 Fire Brigade Track, Boort, VIC 3537

**25 October 2023**

12:45 - 03:30 pm

Gold coin donation

Come and try croquet – the game for all ages and abilities.

### **Event details**

Come and try croquet with a welcoming and social group, enjoy a game or two with a "cuppa" provided afterwards.

A croquet mallet will be supplied and help provided to get started.

Tea, coffee and biscuits included.

### **Event contact**

Daryl Henderson

0427 554 265

daryljean1@bigpond.com

# PAUL HOGAN

One Of Australia's finest and in demand Entertainers.

## THE BORN ENTERTAINER



Covering a range of styles from  
Jazz, Swing, Pop, Rock & Roll and more ....

**Mr Versatile**

**Let him Entertain you !**

**APPEARING :** **INGLEWOOD**

Tuesday 24<sup>th</sup> October from 2pm at the Town Hall.

Tickets \$10/person includes show and light after noon tea.

Many thanks to the Inglewood Bendigo Bank Branch for their support – made possible by their Flood Recovery grants program.

# What's On.

## Connect with Nature in the Loddon

**Saturday 30 September - Sunday 1 October 2023**

An adventurer's weekend as we explore the elusive Malleefowl mounds of the Wychitella Nature Conservation Reserve and the wonders of spring soaks in Kooyoorra State Park.

<https://www.bendigoregion.com.au/visit-loddon-valley/whatson/connect-with-nature-in-the-loddon-0>

## Whole Loddon Love Friday 6 - Saturday 14 October

Whole Loddon Love is bringing live music back to pubs and halls in flood-affected areas along the Loddon River this October, with special performances from [Dan Kelly](#), [Felicity Cripps Band](#), [Jess Parker Music](#), [Queenie](#), [The Maes](#), [Valley Road](#) and more!

<https://www.bendigoregion.com.au/visit-loddon-valley/whatson/whole-loddon-love>

## Loddon Valley Arts Trail Saturday 7 and Sunday 8 October

An arts trail created by artists for artists is set to showcase the talented individuals across our region.

<https://www.bendigoregion.com.au/visit-loddon-valley/loddon-valley-arts-trail>

## Lexus Melbourne Cup Tour, Boort Saturday 14 October 2023

The Lexus Melbourne Cup Tour is one of the most important initiatives of the VRC and since its inception in 2003, the three-handled Cup has travelled far and wide across Australia and the world, travelling over 900,000 kilometres, visiting more than 590 destinations, engaging with tens of thousands of people and raising hundreds of thousands of dollars for local fundraising initiatives.

<https://www.bendigoregion.com.au/visit-loddon-valley/whatson/lexus-melbourne-cup-tour-boort>

## Back To Bridgewater Friday 20 October - Sunday 22 October 2023

Weekend full of activities at various locations around Bridgewater on Friday evening, Saturday and Sunday

<https://www.bendigoregion.com.au/visit-loddon-valley/whatson/back-to-bridgewater>

## Thor Rally Saturday 21 October - Sunday 22 October 2023

The Thor Rally presented by the Ararat Motorcycle Club will be held at the infamous Logan Pub 'The Aussie Pub in the Scrub'

# Apply for a Seniors Card

## What is the Seniors Card Program?

This program provides incentives to seniors to remain active and engaged in the community by making it more affordable to get out and about

This is in recognition and celebration of seniors' past and continuing contribution to their communities and the State of Victoria.

The Seniors Card is FREE and offers seniors a great range of deals and discount. There are two options for a Seniors Card, the Seniors Card and the Seniors Business Discount Card.

## Eligibility Requirements

- ◆ You must be 60 years of age or over
- ◆ You must be a permanent resident of Australia, residing in Victoria

### AND EITHER:

- ◆ Working less than 35 hours per week in paid employment, or fully retired to get a Seniors Card

### OR:

- ◆ Working more than 35 hours per week to get a Seniors Business Discount Card



# Apply for a Seniors Card

## Eligibility Requirements (cont.)

A '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 these criteria, you are not eligible.

## How to Apply

You can apply online at: <https://www.seniorsonline.vic.gov.au/seniors-card/apply-card>

- If you have any concerns about making an application online, please visit your local community centre for assistance.

- Alternatively, if you are eligible to apply for a Senior's Card, you may be able to get a hard copy of the application form from your local library. If you use a hard copy form, you will need to complete a statutory declaration which must be witnessed.

- Please allow approximately 3 to 4 weeks to process your application and receive your card. You can apply up to four weeks before your 60<sup>th</sup> birthday.



SENIORS CARD



# Free public transport

**Sunday 1 October  
to Sunday 8 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 1 October to Sunday 8 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 5 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 5 September at: [www.vline.com.au/grouptravel](http://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.

# Healthy Seniors Hints and Tips:

## Sudoku

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

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

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



# The Benefits of walking

## The Wonder Drug

Walking for an average of 30 minutes or more a day can lower the risk of heart disease, stroke by 35% percent and Type 2 diabetes by 40%.

It's not just your heart and muscles that benefit from walking.

Regular physical activity can help to :

- reduce your risk of heart disease and stroke
- manage weight, blood pressure and blood cholesterol
- prevent and control diabetes
- reduce your risk of developing some cancers
- maintain your bone density, reducing your risk of osteoporosis and fractures
- improve balance and coordination, reducing your risk of falls and other injuries
- improve our daily mood which cumulatively leads to better mental health

### Or start with 10

If you can't find time for a 30-minute walk, try breaking your 30 minutes of walking into three 10-minute sessions on each of 5 days, is just as beneficial as doing the 30 minutes in one go!

### Some activity is always better than none

When it comes to walking for heart health, some is better than none (and more is even better). If you're not physically active, start by doing 10 minutes of brisk walking, and gradually build up to the recommended amount. Visit your GP or health professional for advice on how to safely build up your movement

<https://walking.heartfoundation.org.au/benefits-of-walking>



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

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