

AGEING POSITIVELY IN CASEY



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Your feedback

Please help us to ensure we
share information in ways
that best meet the needs of
people aged 55 years and
over in Casey.

We're exploring opportunities
to streamline the newsletter
and make greater use of
online tools, such as the City
of Casey website and events
calendar, making it easier to
find local programs, activities
and opportunities.

Complete our short survey
to help us improve how we
share information with the
Casey community. You can
also go in the draw to win a
\$50 Westfield gift card.

Click [here](https://forms.cloud.microsoft/r/hCcQGxWiDR) to complete the
survey or go to
[https://forms.cloud.
microsoft/r/hCcQGxWiDR](https://forms.cloud.microsoft/r/hCcQGxWiDR)

The Ageing Positively Festival is nearly here!

**October is a time to celebrate connection, community
and positive ageing through the 2026 Ageing Positively
Festival, proudly presented in conjunction with the
Victorian Seniors Festival.**

We invite you to come together, try something new and enjoy
meaningful, community-led experiences. Whether you want to
explore a new hobby, get active, learn something new or spend
time with friends, there is something for everyone.

Held across venues throughout the City of Casey, the festival
features 90 free or low-cost events, including the exciting new
Big Day Out, hands-on workshops, guided tours and informative
sessions designed to inspire, entertain and connect.

The festival is proudly delivered in partnership with Council,
community groups, neighbourhood houses, community centres
and local support organisations. Join us as we connect, create
and celebrate together.

Click [here](https://www.casey.vic.gov.au/ageing-positively-festival) for more details or go to
www.casey.vic.gov.au/ageing-positively-festival

Don't miss out, bookings are now open.



Ageing Well Big Day Out 2026

Looking for inspiration, new experiences and a great day out? Join us for the **Ageing Well Big Day Out on Wednesday 7 October**, from **10.00am to 2.00pm** at the **Old Cheese Factory**.

As the launch event for the **Ageing Positively Festival**, this free event is bigger, more interactive and more engaging than ever.

Discover what **ageing well in Casey** is all about. Whether you're interested in health and wellbeing, creativity, lifelong learning or meeting new people, there's something for everyone.

What to expect

Get involved with interactive activities, hands-on experiences, live demonstrations and opportunities to connect with local groups and services. Explore activities and programs available across Casey, and enjoy live music and performances from local talent.

Explore five exciting zones

- Movement and wellbeing
- Arts and creativity
- Learning and community connections
- Entertainment
- Sustainability

Whether you're already active in your community or looking for new ways to get involved, the Ageing Well Big Day Out is the perfect place to start.

Everyone is welcome. Come along, explore what's possible and celebrate ageing well in Casey.

Click [here](https://www.casey.vic.gov.au/ageing-positively-festival) for your free tickets or go to www.casey.vic.gov.au/ageing-positively-festival

Travel confidence courses

WISER DRIVER

Join us for informative sessions on road rules, safe driving practices and common driving challenges.

- 🕒 4-week course on 9, 16, 23, 30 November
- 🕒 1.00pm – 3.00pm
- 📍 Merinda Park Learning and Community Centre, Cranbourne North

WISER TRAVELLER

Join us to learn about transport options that can help you stay independent, active and connected.

A 3-week course at Balla Balla Community Centre, Clyde North. In week 3, participants will put their new skills into practice by travelling together on public transport and accessing the community as a group.

Course dates will be announced soon.

To register for either of these courses, or express interest in future courses, please email us at PositiveAgeing@casey.vic.gov.au.



Clear the clutter: Free hard-to-recycle items drop-off day

City of Casey residents can clear out household clutter responsibly (without leaving their car) at our free recycling event in Narre Warren on Saturday 21 November 2026 from 9:00 am to 2:30 pm.

Accepted items include electronic waste, end-of-life textiles, soft plastics, polystyrene, and flattened cardboard.

Bookings are essential. To book and view the full list of acceptable items, click [here](https://www.casey.vic.gov.au/events/hard-recycle-items-drop-off-day) or go to www.casey.vic.gov.au/events/hard-recycle-items-drop-off-day

Free Library Events

Pick up a What's On guide from the library or view online

- Large print books
- Audiobooks
- Art classes
- Cooking classes
- Digital literacy classes to learn how to use your phone or computer
- So much more!

connectedlibraries.org.au

DESTASH MARKET

Saturday 17 October
9am - 2pm

CRANBOURNE WEST COMMUNITY HUB

Cutting back? Give pre-loved craft supplies a new home and discover your next creative passion!

CALLING ALL DOWNSIZERS!
Do you have excess fabric, craft supplies or art equipment that needs a new home?

Join us at this community event where unwanted craft and creative supplies find a second life.

Whether you're decluttering your craft room, searching for affordable materials, or looking for inspiration for your next creative project, there's something for everyone.

To book a stall or register to attend, use the registration link or contact Casey Customer Service on 9705 5200

FREE public transport

Victorian Seniors Card holders can enjoy 9 days of free public transport across Victoria from 3 to 11 October 2026.

This includes:

- all metropolitan public transport services
- V/Line train and coach services
- selected regional bus services outside the myki area.

To book a seat on V/Line services requiring reservations, Seniors Card holders can visit their nearest station or agent or call 1800 800 007 from 10:00 am on Tuesday 1 September.

Click [here](https://www.seniorsonline.vic.gov.au/nine-days-free-public-transport) to read more or go to www.seniorsonline.vic.gov.au/nine-days-free-public-transport



YOUR COMMUNITY

Aged care

For Aged Care information and contacts, please click [here](https://www.casey.vic.gov.au/events-news-for-seniors) to visit the website www.casey.vic.gov.au/events-news-for-seniors



Other council services

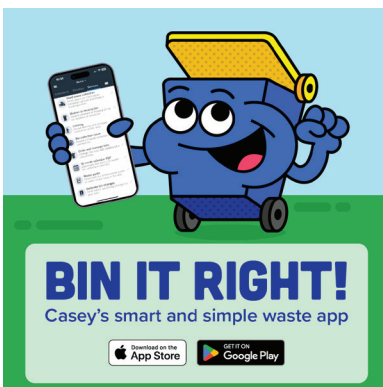


For Casey Day Tripper, Volunteer Transport, Meal Delivery, Casey Connector Shopping Trips and more, please click [here](https://www.casey.vic.gov.au/aged-services-programs) to visit the website www.casey.vic.gov.au/aged-services-programs

WIN A \$200 GIFT CARD

Download the Bin It Right Casey app

The Bin It Right Casey app is giving away a \$200 Coles Group & Myer gift card to a Casey resident every couple of months until the end of 2026.



To enter, download the app on your mobile phone or tablet, then head to the Services tab and complete the quiz.

The app helps make waste easy with bin night reminders, a comprehensive waste directory, and quick links to local waste services, all in one place. Download Bin It Right Casey and take the guesswork out of waste disposal. For more information and instructions click [here](https://www.casey.vic.gov.au/bin-it-right-app) or go to www.casey.vic.gov.au/bin-it-right-app

CITY OF CASEY LINK WORKER PROGRAM



Link Workers assist residents to increase their knowledge and understanding of the aged care system and can provide advocacy with My Aged Care to reduce barriers.

They can also help you access information on programs and activities to increase social connection and encourage you to remain active in your community.

How to connect with a Link Worker:

- 📞 9705 5271
- @ linkworker@casey.vic.gov.au
- 🌐 click [here](https://www.casey.vic.gov.au/link-worker-referral-form) or go to www.casey.vic.gov.au/link-worker-referral-form

Locations: Contact us to discuss meeting in person at a facility near you.





'Help! I'm Ageing'

A NEW PODCAST

It's no secret we're all getting older. But how do we age well, and make informed decisions about the years ahead so we can live well?



The National Centre for Healthy Ageing (NCHA) has launched 'Help! I'm Ageing – Ageing Well. Living Well.' a new six-part podcast series answering the big questions we face as we get older, with real evidence, real stories, and honest conversations.

Click [here](https://www.monash.edu/medicine/national-centre-for-healthy-ageing/community-and-resources-hub) or go to www.monash.edu/medicine/national-centre-for-healthy-ageing/community-and-resources-hub



Let's talk about living well

When we think about ageing well, we often think about staying active, maintaining independence and keeping connected with family, friends and community. Equally important is knowing where to find support when life becomes more challenging.

Many people are surprised to learn that palliative care is not only for the final stages of life. It focuses on comfort, wellbeing and quality of life for people living with a serious illness, while also supporting carers and families. Palliative Care South East provides specialist services through a holistic approach to care.

Earlier access to palliative care can help people make informed choices, reduce uncertainty and continue enjoying the activities and relationships that matter most. As our community grows and ages, understanding available support is an important part of ageing well.



Because ageing well is not just about adding years to life, but quality, connection and support throughout the journey.

For more healthy ageing topics and information, please click [here](https://www.casey.vic.gov.au/events-news-for-seniors) to visit the City of Casey website www.casey.vic.gov.au/events-news-for-seniors



Ageing Well at Home Expo – Live Well, Your Way

More than 200 people attended the Ageing Well at Home Expo at Bunjil Place on 5 May.

The free event featured 30 stalls covering services in health and wellness, aged care, assistive technology and community services. Informative presentations, chair yoga, refreshments and door prizes, helping older residents stay informed, connected and confident at home.

Thank you to everyone who joined us - we look forward to seeing you again at future events!



What is digital literacy?

Digital literacy can be defined as the skills, knowledge and understanding required to use technology and new media. It is especially important as technology continues to play an increasingly significant role in our day-to-day lives.

Digital literacy is empowering and enables us to:

- maintain social connections with family, friends and community (video calls, instant messaging, social media platforms)
- access healthcare management (telehealth, prescription refills)
- stay connected with events, news and activities
- access entertainment, online shopping, food delivery, audio books & more
- manage finances (online banking, pay bills, access myGov and other portals)
- support brain health (learning new skills, mental stimulation, games/puzzles)

Where do I start?

Whether you are a digital beginner or want to learn more, there are many free options available to build your digital skills, confidence and safety online, including:

- Connected Libraries
- Community Centres & Neighbourhood Houses
- Be Connected - click [here](https://beconnected.esafety.gov.au) or go to <https://beconnected.esafety.gov.au>

Feel safer and more confident online. Between 19 - 25 October, join a fun & local digital skill event.

<https://goodthingsaustralia.org/get-online-week/>



Be Connected Program

Learn Digital Skills with Confidence



Use your phone or computer



Stay safe online



Email & internet basics



Connect with family & friends

AVAILABLE AT
Merinda Park Learning & Community Centre

Mondays & Tuesdays
1:00pm - 1:30pm
FREE



ACCESS DEVICES

Laptops and tablets available to loan.



STAY CONNECTED

Get online for study, work and everyday life.



SUPPORTIVE GUIDANCE

Friendly support when you need it.



BUILD SKILLS

Gain confidence and digital skills.



Need a device to study, work or stay connected?
We can help.



Eligibility criteria apply.

Connected Libraries have the following sessions coming up:

- Scam safe 101 – 17th September @ Cranbourne West Library Lounge
- Introduction to IT troubleshooting – 9th October @ Bunjil Place Library
- Shopping online safely – 19th October @ Hampton Park Library
- Managing passwords – 10th November @ Cranbourne Library
- App based video editing – 16th November @ Doveton Library

Click [here](https://events.connectedlibraries.org.au/) for bookings and information or go to <https://events.connectedlibraries.org.au/>



Contact the City of Casey:

Web: casey.vic.gov.au
Email: caseycc@casey.vic.gov.au
Phone: 03 9705 5200
Post: PO Box 1000, Narre Warren VIC 3805
NRS: 133 677 (for the deaf, hearing or speech impaired)

Customer Service Centres:

Narre Warren: Bunjil Place, Patrick Northeast Drive
Cranbourne: Cranbourne Park Shopping Centre
ABN: 43 320 295 742



TIS: 131450 (Translating and Interpreting Service) المترجم الفوري 翻译 مترجم شفاهى ਦੁਆਰੀਆ ਗਭਰੇ ਦੋਰੋਰਦਨ

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