



2026 Victorian Seniors Festival in South Gippsland

October is Victorian Seniors Festival month and the theme 'Connect, Create, Celebrate' is an invitation for all Victorians aged 60 and over to connect with their community, create memories, and celebrate life.

With over 40 free and low-cost events across South Gippsland, there is something for every senior to try during the month of October. All interests and abilities are catered for, with a wide range of events focussing on movement, sport, socialising, learning, arts, culture, and creativity.

Seniors make up over a third of South Gippsland's population and contribute greatly to our community. Council is proud to offer promotional support to the wonderful clubs and organisations who are opening their doors and putting on events, as well as two free Council-run events: The Positive Ageing Expo and the Staying Behind the Wheel Workshop.

The Positive Ageing Expo is a free health and wellbeing event for older adults, carers and families. Attendees can explore a wide range of local services, supports and organisations with a complimentary morning tea provided by the Country Women's Association.

The Expo provides a valuable opportunity for older South Gippsland community members to connect with service providers, plus onsite immunisations and practical information to live well and stay connected.

No registrations required, just turn up on the day.

- **When:** Thursday 15 October from 10.00am to 1.00pm.
- **Where:** Leongatha Memorial Hall, 6-8 McCartin Street, Leongatha.

The 'Staying Behind the Wheel' Workshop is a practical workshop where participants will gain valuable tips on safe driving, maintaining fitness to drive, using vehicle safety features and planning for future mobility.

The session aims to help older South Gippsland residents remain safe, confident, and independent on the road.

No registrations required, just turn up on the day.

- **When:** Friday 9 October from 1.00pm to 3.00pm.
- **Where:** Foster War Memorial Arts Centre, 79 Main Street, Foster.
- **Cost:** Free. Light refreshments will be provided.

For more information and to view the full program of events, visit:

www.southgippsland.vic.gov.au/seniorsfestival

Quote attributable to Cr Nathan Hersey, Mayor South Gippsland Shire Council:

"The annual Victorian Seniors Festival is a fantastic opportunity for South Gippsland residents aged 60 and over to get out, get involved, try something new and connect with others in their community. It's also a great reminder to acknowledge the contribution older residents make to our community. Seniors in South Gippsland provide many volunteer hours in support of local groups and events, and we are very grateful for their work and wisdom."

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