

October is Positive Ageing Month

To celebrate, we're running a series of engaging online events every Friday in October.

FRIDAY 1 OCTOBER (1PM – 2.30PM)

Positive Ageing Month launch

Featuring Mayor Cr Libby Stapleton, CEO Robyn Seymour and keynote speaker Anne Ring, a 79-year-old health sociologist who will focus on the need to destigmatise the word “old” and the recent WHO finding that it’s those who hold positive views about their own ageing who live longer.

FRIDAY 8 OCTOBER (1PM – 2.30PM)

In conversation with the Lorne Historical Society

Peter Spring and Cr Gary Allen of the Lorne Historical Society will discuss the fascinating history of the construction of the Great Ocean Road.

FRIDAY 15 OCTOBER (1.30PM – 3PM)

In conversation with the University of the Third Age

Find out about University of the Third Age (U3A) and what it has to offer, from artwork and Ikebana classes to yoga, tai chi and poetry anthropology courses.

The final 30 minutes will involve a trivia quiz.

FRIDAY 22 OCTOBER (1PM - 2PM)

Andy Pobjoy – Piano Bar Livestream

Andy will livestream a music event for over 55s across a number of platforms including Facebook and YouTube.

FRIDAY 29 OCTOBER (1PM – 2PM)

In conversation with Chris Mackey: Using Positive Psychology to Promote Wellbeing and Positive Ageing

Find out ways to help boost your mood, draw on your personal character strengths, adopt helpful mindsets and strategies to manage stress.

How to take part

Due to the pandemic, all of the events will be held online.

Go to www.surfcoast.vic.gov.au/over55s and click on the event links or call us on **5261 0600** if you need help using Zoom.

Get your copy of our new '**Active Communities: A guide for over 55s living on the Surf Coast**'. You can download a copy via the above website or call us to arrange for one to be posted to you.