



# Chatter box

- ⇒ Information
- ⇒ Education
- ⇒ Entertainment
- ⇒ Outings
- ⇒ Exercise
- ⇒ Challenges
- ⇒ Companionship

**- Everything** for Seniors and the Over 50's

## News For Maroondah Seniors

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### Wesley Do Care East

Wesley Mission Victoria provides a social support services program 'Do Care' that addresses social isolation and assists older people and adults with a disability to reconnect and remain involved within their community.

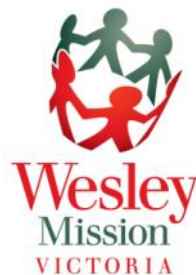
If you are an older person living independently or an adult with a disability, Wesley Do Care can match you with a compatible volunteer in a one to one experience or a group activity. Some activities offered include: going for walks/drives, sharing a meal, or attending a group luncheon or movie. Other services include; group telephone conversations through our Telelink program or visitation by a volunteer with an animal companion through our Pet Pals program.

We are always pleased to gain more volunteers- so if you have a willingness to support those who are socially isolated and have some time to offer, Do Care can provide you with a rewarding experience!

To find out more about Wesley Do Care East, please contact us.

Wesley Do Care East  
Suite 1 168 Boronia Rd Boronia VIC  
3155  
P: (03) 87061700

F: (03) 87061799  
E: [docareeast@wesley.org.au](mailto:docareeast@wesley.org.au)



## News For Maroondah Seniors

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### Glen Park Community Centre



*Returning from a trip to Werribee Mansion*

### **Social Connections Group Over 50s Social Group Meets Wednesday afternoons 1:00-3:00pm**

This group hosts an interesting calendar of events and activities, including coffee, games and chats, movies, outings, guest speakers and more.

New members are always welcome.

Come along and find out what all the fun is about! Small annual administration fee (currently \$5) + \$3 per session at Kemp Hall, Glen Park Community Centre, 30 Glen Park Road, Bayswater North, 3153.

Enquiries to our Centre on telephone 9294 7525. (Excursions extra, but reasonably costed).

## Association of Independent Retirees (A.I.R) Limited

The Association is the peak body representing the interests of people who are wholly or partly self-funded in retirement.

The Melbourne Eastern Branch of A.I.R meets on the first Friday of every month (except January) in the Senior Citizens Hall, Silver Grove, Nunawading – Melway 48 E9. The meetings begin at 10am. After discussion and morning tea we have an invited speaker from 11am until we finish at 12pm. The speaker's topics cover income, health and lifestyle issues. We do not organize social events except for a quarterly lunch at the Mitcham Hotel.

This year we will not meet on Good Friday. On 4th May, Geoff White from Centrelink, Box Hill will speak on changes and status of government benefits available to self-funded retirees. On 1st June George Katrantzis will speak about the Macquarie Lifetime Income Guarantee.

For future meetings in 2012 we have speakers on Information Technology for Seniors and on the property and financial markets. Members are kept up to date with newsletters from local, State and National branches. Our website is [www.independentretirees.com.au](http://www.independentretirees.com.au)

Visitors are welcome. For further details phone Judy on 98941989

## The Evergreens Social Group – Bus Trips

**Leave the driving and parking to professionals. Just come and enjoy yourselves.**

<b>Mar 16</b>	Sand Sculptures Frankston \$6.00
<b>Apr 13</b>	Australian Garden, Cranbourne
<b>May 11</b>	TAA Museum \$3.00 + lunch

There is a \$5.00 charge for the bus.

**Contact Carol on 9893 1383** to book in and for more information.

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## WHATS ON CALENDAR for OVER 50s

TIME	MONDAYS	VENUE	COST	CONTACT
9.30 – 11.30am	<b>Table Tennis</b> at Croydon Senior Citizens Club	222 Mt. Dandenong Road, Croydon		Maureen 9876 5303
9.30 - 10.45am	<b>Tai-Chi Advanced</b> run by Ringwood U3A	125A Warrandyte Road Ringwood North		Office (9-12pm) 9879 2677
9:00 - 10:30am	<b>Italian Language Classes - Beginners</b> Ringwood U3A	125A Warrandyte Road Ringwood North		9879-2677 9-12 only
9:30- 11:00am	<b>National Affairs Studies</b> (2nd & 4th week) Ringwood U3A	125A Warrandyte Road Ringwood North		9879-2677 9-12 only
10:00 - 11:30am	<b>Morning Coffee</b> (3rd Mon) Eastern Ranges Retirees	Coffee off Course Ringwood Golf Course		Pat 9870 5508
10.15- 11.15am	<b>Yoga</b> at Croydon Leisure & Aquatic Ctre	11 Civic Square, Croydon	\$12.30 Phone cons	9294 5500
10:45 - 12.30pm	<b>Moderate Exercise to Music</b> run by Ringwood U3A	125A Warrandyte Road Ringwood North		9879-2677 9-12 only
11:00am- 1:30pm	<b>Communion Service followed by light lunch</b> Especially for frail elderly. 1 <sup>st</sup> Monday of the Month run by Church of Christ,	13 Bedford Rd, Ringwood	Free	Bruce Greig 9870 8169
1:00pm- 4:00pm	<b>Snooker/Pool, Table Tennis</b> Afternoon Tea North Ringwood Senior Citizens	Norwood Reserve Warrandyte Road Ringwood North	\$1	Doreen 9723 9543
1.30pm	<b>Musical Afternoon</b> run by Life Activities Club Croydon	Various locations		9738 0721
2:00pm	<b>National Seniors Australia</b> 1st Monday of month Speaker & afternoon tea	Ringwood RSL Station Street Ringwood	\$4	Helen 9879-4058
2:00pm	<b>Ladies Probus Club of Heathmont</b> 1st Monday Meeting and Speaker	Heathmont Bowls The Greenway Heathmont		Laurice 9879 4994
7:30pm	<b>Cards.</b> Run fortnightly by Croydon Life Activities. Meets 2nd and 4th Monday each month	Croydon Library Glenn Frost Room		Gwen 9723-4945
8:00pm	<b>Ringwood Garden Club</b> 4 <sup>th</sup> Monday each month. Speakers, Trading Table, visitors welcome	Ringwood East Community Hall		9879 0569

## WHATS ON CALENDAR for OVER 50s

TIME	TUESDAYS	VENUE	COST	CONTACT
9am-2pm	<b>We play various card games, bingo, scrabble and more</b> Croydon Dutch Club	Keystone Hall, Civic Square, Croydon.	\$6 yrly, \$2/week	Connie 97627136
9.15 – 10.30am	<b>Genealogy Studies</b> (every 2 <sup>nd</sup> week) run by Ringwood U3A	125A Warrandyte Rd Ringwood North		Office (9-12pm) 9879 2677
9.30– 11.30am	<b>Armchair Travel Classes</b> run by Ringwood U3A	125A Warrandyte Rd Ringwood North		Office (9-12pm) 9879 2677
9:30 - 11:30am	<b>Line Dancing</b> at Croydon Senior Citizens Club	222 Mt Dandenong Rd Croydon		Judy 9725-7667
10:00am	Penumbra Centre Inc. <b>Art and Craft group</b> for the aged and people with a disability	42 Panfield Ave Ringwood	\$4.50 for ½ day \$6.00 full	Jacquie 8822 4408
10-12.30pm	<b>The Brink- Social group.</b> Craft and hot lunch. TLC Church	265 Canterbury Rd, Bayswater North	\$3/ week	Sue 9729 6555
12:00 - 1:00pm	<b>Tap Dancing</b> run by Enjoying Planned Retirement	East Ringwood Scout Hall, Mines Rd East Ringwood		Ruth 9726 7039
1:00pm	<b>Indoor Bowls , Cards, Pool,</b> at North Ringwood Senior Citizens	125A Warrandyte Rd Ringwood North		9723 9543
1pm-3.30pm	<b>Carpet Bowls</b> run by Ringwood Heritage Seniors	Federation Estate 32 Greenwood Av Ringwood	\$1	Shirley 9893 2323
2:00pm	<b>Scrabble</b> run by ERRI 3rd Tuesday of each month	Private Home		Pat 9870 5508
1:30 - 3:45pm	<b>Bowls</b> at Croydon Senior Citizens Club	222 Mt Dandenong Rd Croydon		Joan 9725 0597
3.30pm	<b>Bocci</b> a fun outdoor game with good fellowship, byo food for the BBQ. Fortnightly. Run by EPR.	125A Warrandyte Rd Ringwood North		Leo 9870 1512
7:30pm	<b>Rummeking Group,</b> run by Life Activities Club Croydon . 2nd Tuesday each month	Private Homes		Pat 9870-5508
7:30pm	<b>Table Tennis (Tue &amp; Wed)</b> run by EPR	125A Warrandyte Rd Ringwood North		Jim Davy 9876 1832

## WHATS ON CALENDAR for OVER 50s

TIME	WEDNESDAYS	VENUE	COST	CON-TACT
9.30am-2.00pm	<b>Italian Seniors-</b> (cards, bingo and some outings), Croydon Italian Senior Citizens Club	Croydon Tennis Club Croydon		Vincent 9726 7674
9am-12.00pm	<b>Cycling Group</b> run by Life Activities Club Croydon	Various. But mostly in Croydon	Free if member	Secretary 9725 2785
9.30 – 11.30am	<b>Croydon Probus Club</b> 2nd Wednesday each month	Keystone Hall, Civic Square, Croydon		Colleen 9876 3728
1pm	<b>Table Tennis, Pool</b> at North Ringwood Senior Citizens	Norwood Reserve Warrandyte Rd North Ringwood	\$1	Doreen 9723 9543
1pm-3.30pm	<b>Cards</b> at Croydon Senior Citizens Club	222 Mt. Dandenong Road, Croydon		Dot 97234253
10:00am	Penumbra Centre Inc. <b>Art and Craft Group</b> for the aged and people with a disability	42 Panfield Ave Ringwood	\$4.50 ½ day \$6 Full Day	Jacquie 8822 4408
12:30 - 2:30pm	<b>Glen Park Connections - social group</b> for over 50s, run by Glen Park Community Centre Inc	Glen Park Community Centre, 30 Glen Park Road, Bayswater Nth	\$2	Phone: 97209549/ 92947525
1.30pm - 5:30pm	<b>Social Afternoon</b> we have good chats and play pool. Mainly men but women welcome.	Croydon RSL 1 Civic Square Croydon		Ron 97231315 Sam 0417395910
2.00 – 4.00pm	<b>Archaeology, History &amp; Earth Sciences</b> run by Ringwood U3A	125A Warrandyte Rd Ringwood North		Office (9-12pm) 9879 2677
2pm	<b>Garden Group</b> , 2nd Wed/ month run by Eastern Ranges Retirees Inc.	Various Homes & trips to various locations		Faye 9728 3268
1:30pm-2:30pm	<b>Circuit Easy Active</b> on Mon/ Wed run by Croydon Leisure Centre in conjunction with EACH	Croydon Leisure Centre, Civic Square Croydon	\$6.50	9294 5500
7pm - 8.30pm	<b>Widows and Widowers Support Group</b> , (every 4th Wed of the month) Tea and Coffee provided	Glenn Frost Room Croydon Library	(Gold Coin)	Charlene 0402 229764
7:30pm	<b>Scrabble</b> run by Life Activities Club Croydon	Private Homes		9723 2514

## WHATS ON CALENDAR for OVER 50s

TIME	THURSDAYS	VENUE	COST	CONTACT
09.00am	<b>Golf Group</b> Meets each week at 9am Life Activities Club Croydon	Dorset Golf Club - Annual membership	9 Holes \$12 for Seniors	Jim: 9723 4945
09.30-11am	<b>Walking Group</b> . 1st, 3rd (when present 5th) Thu each month National Seniors Aust.	Various Locations		Judith 9726 5494
10am-12pm	<b>OMNI (Older Men, New Ideas)</b> , Discussion group for men over 50. Meet 2nd and 4th Thursday	Yarrunga Com. Ctr. 78 Croydon Hills Dr, Croydon Hills	\$5 p.a. & \$2/ meeting	John 9870 2562
9.30am	<b>Club Social Meeting, morning tea/speakers.</b> 4th Thurs/month Eastern Ranges Retirees Inc.	Federation Estate Greenwood Ave Ringwood		Pat 9870 5508
10:00am	Penumbra Centre Inc. <b>Art and Craft group</b> for the aged and people with a disability	42 Panfield Ave Ringwood	\$4.50 for ½ day \$6.00 full	Jacquie 8822 4408
10.30 – 12pm	<b>Music Appreciation 1 Classes</b> run by Ringwood U3A	125A Warrandyte Road Ringwood North		Office (9-12) 9879 2677
10.30 - 11:30	A Silvers Club <b>A casual, fun sports, &amp; exercise program</b> for older adults	Croydon Leisure Ctr 11 Civic Square Croydon	\$5.20 per session	Phone: 9294 5500
12.30pm	<b>Book Bites</b> - Author talks/lunch Bi-monthly. Croydon Library.	Croydon Library, Civic Square, Croydon	\$10	Phone 9294 5640
12pm - 3pm	<b>Croydon Bookchat Sessions</b> 1st Thursday/month run by Croydon Library	Civic Square Croydon	Free	Phone 9294 5640
1.15-3.15pm	<b>Bingo</b> run by Croydon Senior Citizens Club	222 Mt. Dandenong Road, Croydon		Kath 9725 0115
1.30-3pm	<b>Club Day Entertainment</b> run by Ringwood Heritage Seniors. Afternoon Tea \$2.	Federation Estate Greenwood Ave. Ringwood.	\$5-bus if pickup needed	Shirley 9893 2323
1.30pm	<b>Decorative Rubber Stamping</b> 1st Thursday/ month Eastern Ranges Retirees Inc	Private Home, Bayswater North		Margaret 8711-3085
7:30pm	<b>LACV Meeting</b> 1st Thurs month, speakers tea & chat Croydon Life Activities Club.	Ringwood RSL		Secretary 9725 2785
7:30pm	<b>Indoor Bowls</b> run by EPR (Enjoying Planned Retirement)	125A Warrandyte Road Ringwood North		EPR PO Box 3220 Nth Ringwood



## WHATS ON CALENDAR for OVER 50s

TIME	FRIDAYS	VENUE	COST	CONTACT
10am-12.15pm	<b>The Clock Tower Day Club. Social group.</b> Meet 1, 2 & 4th Friday /month. 3rd Friday/month is outings day	Ringwood RSL		Tony Smith 9729-4284
mornings	<b>Computer &amp; Family History classes</b> Free to Eastern Ranges Retirees members	Swinburne University Lilydale		Pat 9870 5508
10am-11.30am	<b>Companion Club social group</b> run by Ringwood Salvos	Cnr City and Warrimarra Roads, Ringwood	\$2	Sharni 9870 0720
10am-12pm	<b>Dancing</b> (old time & new vogue), at Croydon Senior Citizens Club	222 Mt Dandenong Road, Croydon		Mary 9762 2578
10am-12pm	<b>Retirees</b> (fully or partly self-funded) meeting, 1 <sup>st</sup> Friday/month. A.I.R. Melbourne -East	Senior Citizen's Hall. Silver Grove, Nunawading (Mel.48 E9)		Judy 9894 1989
10.00-12.00	<b>Evergreens social group</b> - morning tea incl. Last Friday/mnth Evergreens, Holy Spirit Parish	120 Oban Road North Ringwood		Shirley 98701396
10am-4pm approx	<b>Seniors Bus Outing.</b> 3 <sup>rd</sup> Friday per Month. Includes outings to gardens and places of interest	Buses leave from Ringwood Church of Christ back carpark.	Cost varies	Bruce 9870 8169
2pm	<b>Military History Group,</b> bi-monthly. Croydon Library.	Croydon Library 5 Civic Square Croydon.	Free	Alan 9294 5640
TIME	SATURDAYS	VENUE	COST	CONTACT
10:00am	<b>Bird Watching</b> LAC Croydon 4th Saturday Each Month	Various		Allan 9870 2271
10.30.-11.30am	Young at Heart Aqua classes, by <b>Croydon Leisure &amp; Aquatic Cntr</b>	11 Civic Square Croydon	\$11.20 class	9294 5500
11.00am - 3pm	<b>Walking Group</b> (2nd Sat monthly) by Life Activities Club Croydon	Various locations		Secretary 9725 2785
1:30 - 3:00 pm	<b>Dine out group,</b> 3 <sup>rd</sup> Sunday/month By Life Activities Club Croydon	Various local venues		9725 1578
1pm - 3pm	Fun game of <b>Bingo</b> run by Ringwood Heritage Seniors	Federation Estate Greenwood Ave Ringwood	\$2	Shirley 9893 2323
7:30pm	Dance 1st & 5th Sat of the Month North Ringwood Senior Citizens	125A Warrandyte Road Ringwood North		Doreen 9723 9543

## WHATS ON CALENDAR for OVER 50s

TIME	SUNDAYS	VENUE	COST	CONTACT
12noon	<b>Dine out group</b> , 3 <sup>rd</sup> Sunday/month By Life Activities Club Croydon	Various local venues		9725 1578
1pm 3pm	<b>Nu-Vogue Dance</b> , fortnightly at North Ringwood Senior Citizens	Norwood Reserve Warrandyte Road	\$2	Doreen 9723 9543
2:00pm	<b>Musical Appreciation Group</b> 3rd Sunday/month - ERRI	Various homes		Pat 9870 5508

### Maroondah Brits

The Maroondah Brits, are looking forward to meeting once again, on Friday March 16th for 12.0 lunch at "The Stonehouse", Warrandyte, on the right hand side of the approach road to the town. We love to meet newcomers whether they be British born or not. Male or female, they do not remain strangers for long, as the saying goes, "a stranger is just a friend that you do not know".

Please book by March 13th with Marilyn Hammond 9720 3003 or Cynthia Hammond 9870 7982.

### How good is your hearing?

1. Do you have difficulty understanding people unless they are facing you?
2. Do you find it hard to hear conversations in noisy rooms with groups of people?
3. Do you miss the doorbell or telephone?
4. Do you have noises in your head or ears?
5. Do other people complain that you have the TV turned up too loud?



If you said 'yes' to any of these, you may have a hearing impairment.

SENIORS & PENSIONERS can have a  
FREE HEARING CHECK at Australian Hearing  
Ph 131797 for your nearest centre.

## WHATS ON CALENDAR for OVER 50s



**Please**

**Note:**

**Information about the group activities listed in here may not be the full list of programs** that each of the listed organisations/groups provide. For a full list of activities, please contact the relevant clubs/organisation. There is also a more extensive list of the activities listed on our website at

[www.healthyageing.org.au](http://www.healthyageing.org.au)

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### Save Money and Energy at Home

As electricity and gas prices continue to rise, including, but not only due to the carbon price that will start in July, everyone wants to save money on their energy bills. A great first step is to reduce energy usage and when it is time to replace appliances, to assist, the following rebates may be helpful:

#### **Gas Heater Discount for Concession Card Holders**

A \$700 rebate for concession card holders to replace an electric heater with a gas space heater with a 4 star or higher energy rating. The heater needs to be purchased from participating retailers. For full program details phone 1300 366 195.

#### **The Energy Saver Incentive**

Discounts on some energy efficient items (such as energy efficient fridges and heaters) when purchased from participating suppliers. To check for participating businesses and products on offer, phone the Essential Services Commission on 1300 664 969 or 03 9651 4911.

#### **Solar Hot Water Rebate**

A rebate of up to \$1,500 when you purchase a solar hot water system. For full details of eligible systems phone 1300 366 195.

#### **Gas Hot Water Rebate**

A rebate of up to \$700 for concession card holders when you buy a natural gas hot water system to replace a wood-fired or peak-rate electric hot water system. For full program details phone 1300 366 195.

All of these programs have conditions so please check these carefully.

*This article is brought to you by the Integrated Planning Department at Maroondah City Council.*



## Ringwood U3A

University of the Third Age

### FUN, FRIENDS & FULFILMENT

Learning for pleasure informally.

There is something for every mature aged person in our wide range of over 30 courses.

Music, Art, History, Microsoft Computer  
Craft & Physical activities

Annual cost \$35 allowing you to attend  
as many classes as you are able

**SEE YOU THERE!**

For a full list call into our office on week days during school terms  
125 Warrandyte Road Ringwood  
9879 2677 9.00am – 12 noon

### Useful Contacts

- Emergency: 000
- Maroondah City Council: 1300 882 233
- Centrelink Retirement Services: 13 2300
- Centrelink Disability, Sickness and Carers: 13 2717
- Seniors Rights Victoria- 1300 368 821
- Lifeline -13 11 14: Voluntary Assisted Transport, EVRC– 9870 7822:
- Accommodation Services: -1300 558 484 (9am-10pm- 7days)
- Maroondah Hospital: 9871 3333
- Direct2Care: 1300 121 121
- Commonwealth Respite and Carelink Centre 1800 059 059 (24 hours/ 7days)
- Vision Australia: 1300 84 74 66

### Maroondah Healthy Ageing Network

The Healthy Ageing Network is a network of representatives of community groups and organisations who cater for older people in Maroondah.

If your group/organisation would like to be part of the Network please contact

Peter Feeney on 9879 0622 email [peter@innsys.com.au](mailto:peter@innsys.com.au)

[www.healthyageing.org.au](http://www.healthyageing.org.au)