



Healthy Ageing Network

Produced by the Maroondah Healthy Ageing Network

Chatter box

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

- Everything for Seniors and the Over 50's

What is RRVV and what does it do?

Residents of Retirement Villages Victoria (RRVV) is an active and representative group for all people living in Retirement Villages in Victoria; a voice for all the residents, a voice promoting residents' rights, and the voice to government at all levels. It is the residents' organization putting forward residents' views, ideas and opinions. These include contributing to policy debate and to advocating on behalf of the community of retirement village Residents. Facilitating a collective voice on issues, needs and problems regarding retirement village Residents is an important part of RRVV responsibilities.

There is sometimes a need for a referral to legal/support services where residents are in dispute with a retirement village operator or other residents. RRVV is able to provide assistance to Residents concerning the development and/or operation of a Residents' Committee in their Retirement Village.

Education of its members and the broader community of the issues affecting retirement village residents ensures a more complete understanding of the Sector. Liaison with relevant government departments at both State and Federal level, local councils and relevant peak organizations is always needed because of the complex network of laws relating to the Retirement Village Sector.

One useful social benefit is the promoting of interaction between Retirement Village Residents throughout Victoria.

Information on RRVV and advice on the way to go about choosing a suitable Retirement Village is on www.rrvv.org.au and enquiries may be made to (03) 9015 8402.

EVERGREENS SOCIAL GROUP -- BUS TRIPS

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

Apr 12 Westgarthtown (\$7.50)

May 17 Bundoora Homestead

There is a \$10.00 charge for the bus.

Contact Carole on 9893 1383 for more info or to book.

Croydon Men's Shed



The Croydon Men's Shed utilizes the facilities of the Monkami Centre which is located on the corner of Lincoln & Dorset Roads, Croydon. The Monkami Centre is a community organization which provides support and services for 160 adults with an intellectual disability and operates Monday to Friday between the hours of 8.30am to 4pm. The Croydon Men's Shed has access to the Bury Wing of the Centre outside of Monkami's normal operating hours.

At this stage the Croydon Men's Shed is open each Saturday from 10am but as demand and membership increases the opportunity exists to expand the hours of operation.

The Croydon Men's Shed operates as a totally independent entity to the Monkami Centre and is Incorporated, has its own Committee of Management and is a member of the Australian and Victorian Men's Shed Associations.

Although we are still operating with limited funding, apart from members subscriptions, our current focus revolves around woodwork/workshop activities and we have just commenced production of treated pine bird feeders and matching bird breeding boxes.

**Enquiries about Croydon Men's Shed: Jim King (0418 343 034) or
John Seager (0439 272 380)**



CROYDON U3A

(University of the Third Age)

FOR THE AGING & RETIRED

We conduct around 80 classes for members including : Several Computer classes, furniture restoration, languages, dancing, choir, card & board games, drawing, craft, outdoor activities, swimming, table tennis etc.

NEW MEMBERS WARMLY WELCOMED

For a full list of classes, call into our office weekdays between 10am & 12.30pm

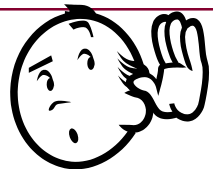
KEYSTONE HALL COMPLEX,

1 Civic Square, CROYDON

Ph: 9724 9544

Hearing Impaired?

If you are unable to phone any of the contacts on our calendar send an email to peter@innsys.com.au and tell me what you are interested in and I will arrange for the group concerned to contact you by email.



WHATS ON CALENDAR for OVER 50s

TIME	MONDAYS	VENUE	COST	CONTACT
9.30 – 11.30am	Table Tennis at Croydon Senior Citizens Club	222 Mt. Dandenong Road, Croydon		Maureen 9876 5303
9.30 - 10.45am	Tai-Chi Advanced run by Ring- wood U3A	125A Warrandyte Road Ringwood North		Office (9-12pm) 9879 2677
9:00 - 10:30am	Italian Language Classes - Beginners Ringwood U3A	125A Warrandyte Road Ringwood North		9879-2677 9-12 only
9:30- 11:30am	Probus Club of Ringwood Inc. A Combined Club 3rd Monday Every Month	Church of Christ Bedford Road Ringwood		David Young 9884 8037
10:00 - 11:30am	Morning Coffee (3rd Mon) Eastern Ranges Retirees	Coffee off Course Ringwood Golf Course		Erika 9762 2186
10.00 am	10-Pin Bowling 1st Mon/Month OZ Ten Pin Bowling - ERRI	25 Fletcher Road, Chirnside Park		Erika 9762 2186
11:00am - 12.30pm	Trauma Bears 4th Monday Complete knitted bears for the Red Cross needy children	Church of Christ 13 Bedford Rd, Ringwood		Libby Murray 9870 8169
11:00am- 1:30pm	Communion Service followed by light lunch Especially for frail eld- erly. 1 st Monday of the Month run by Church of Christ,	13 Bedford Rd, Ringwood	Free	Libby Murray 9870 8169
1:00pm- 4:00pm	Snooker/Pool, Table Tennis Afternoon Tea North Ringwood Senior Citizens	Norwood Reserve Warrandyte Road Ringwood North	\$1	Doreen 9723 9543
1.30pm	Musical Afternoon run by Life Activities Club Croydon 3rd Monday Monthly	Private Homes		9738 0721
2:00pm	National Seniors Australia 1st Monday of month Speaker & af- ternoon tea	Ringwood RSL Station Street Ringwood	\$4	Helen 9879-4058
2:00pm	Ladies Probus Club of Heathmont 1st Monday Meeting and Speaker	Heathmont Bowls The Greenway Heathmont		Wendy Rice 9870 0068
7:30pm	Cards. Run fortnightly by Croy- don Life Activities. Meets 2nd and 4th Monday each month	Croydon Library Glenn Frost Room		Gwen 9723-4945
8:00pm	Ringwood Garden Club 4 th 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	We play klaverjassen and a game of rumme-cup Croydon Dutch Club	Keystone Hall, Civic Square, Croydon.	\$6 yrly, \$2/week	Connie 97627136
9.15 – 10.30am	Genealogy Studies (every 2 nd week) run by Ringwood U3A	125A Warrandyte Rd Ringwood North		Office (9-12pm) 9879 2677
9.30– 11.30am	Armchair Travel Classes run by Ringwood U3A	125A Warrandyte Rd Ringwood North		Office (9-12pm) 9879 2677
9:30 - 11:30am	Line Dancing at Croydon Senior Citizens Club	222 Mt Dandenong Rd Croydon		Judy 9725-7667
10:00am	Penumbra Centre Inc. Art and Craft group 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	The Brink- Social group. Craft and hot lunch. TLC Church	265 Canterbury Rd, Bayswater North	\$3/ week	Sue 9729 6555
12:00 - 1:00pm	Tap Dancing run by Enjoying Planned Retirement	East Ringwood Scout Hall, Mines Rd East Ringwood		Ruth 9726 7039
1:00pm	Indoor Bowls , Cards, Pool, at North Ringwood Senior Citizens	125A Warrandyte Rd Ringwood North		9723 9543
1.30 - 3.00pm	A Silvers Club - A casual, fun sport& exercise program for older adults	Croydon Leisure & Aquatic Centre, Civic Square, Croydon	\$5.20 session	9294 5500
2:00pm	Scrabble run by ERRI 3rd Tuesday of each month	Private Home		Pat 9870 5508
1:30 - 3:45pm	Bowls at Croydon Senior Citizens Club	222 Mt Dandenong Rd Croydon		Joan 9725 0597
3.30pm	Bocci 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	Rummeking Group, run by Life Activities Club Croydon . 2nd Tuesday each month	Private Homes		Edith 9725 1578
7:30pm	Table Tennis (Tue & Wed) run by EPR	125A Warrandyte Rd Ringwood North		Jim Davy 9876 1832

WHATS ON CALENDAR for OVER 50s

TIME	WEDNESDAYS	VENUE	COST	CONTACT
9.30am-2.00pm	Italian Seniors – (cards, bingo and some outings), Croydon Italian Senior Citizens Club	Croydon Tennis Club Croydon		Vincent 9726 7674
9am-12.00pm	Cycling Group run by Life Activities Club Croydon	Generally around Croydon	Members Free	Secretary 9725 2785
9.30 – 11.30am	Croydon Probus Club 2nd Wednesday each month	Keystone Hall, Civic Square, Croydon		Colleen 9876 3728
1pm	Table Tennis, Pool at North Ringwood Senior Citizens	Norwood Reserve Warrandyte Rd North Ringwood	\$1	Doreen 9723 9543
1pm-3.30pm	Cards at Croydon Senior Citizens Club	222 Mt. Dandenong Road, Croydon		Dot 97234253
10:00am	Penumbra Centre Inc. Art and Craft Group for the aged and people with a disability	42 Panfield Ave Ringwood	\$4.50 ½ day \$6 Full Day	Jacquie 8822 4408
1:30pm	Decorative Rubber Stamping , 2nd Wed / month by Eastern Ranges Retirees Inc.	Private Home		Margaret 8711 3085
1.30pm - 5:30pm	Social Afternoon we have good chats and play pool. Mainly men but women welcome.	Croydon RSL 1 Civic Square Croydon		Ron 97231315 Sam 0417395910
1:30pm	Rummeking Group , run by Life Activities Club Croydon Last Wednesday each month	Private Homes		Marianne 9723 5088
2pm	Garden Group , 2nd Wed/ month run by Eastern Ranges Retirees Inc.	Various Homes & trips to various locations		Faye 9728 3268
2.00 – 4.00pm	Archaeology, History & Earth Sciences run by Ringwood U3A	125A Warrandyte Rd Ringwood North		Office (9-12pm) 9879 2677
7pm - 8.30pm	Widows and Widowers Support Group , (every 4th Wed of the month) Tea and Coffee provided	Glenn Frost Room Croydon Library	(Gold Coin)	Charlene 0402 229 764
7:30pm	Scrabble run by Life Activities Club Croydon	Private Homes		9723 2514

WHATS ON CALENDAR for OVER 50s

TIME	THURSDAYS	VENUE	COST	CONTACT
09.00am	Golf Group 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	Walking Group . 1st, 3rd (when present 5th) Thu each month National Seniors Aust.	Various Locations		Mel 9870-1597
10am-12pm	OMNI (Older Men, New Ideas) , 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	Club Social Meeting, morning tea/speakers. 4th Thurs/month Eastern Ranges Retirees Inc.	Federation Estate Greenwood Ave Ringwood		Erika 9762 2186
10:00am	Penumbra Centre Inc. Art and Craft group 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	Music Appreciation 1 Classes run by Ringwood U3A	125A Warrandyte Road Ringwood North		Office (9-12) 9879 2677
10.30 - 11:30	A Silvers Club A casual, fun sports, & exercise program for older adults	Croydon Leisure Ctr 11 Civic Square Croydon	\$5.20 per session	Phone: 9294 5500
12.30pm	Book Bites - Author talks/lunch Bi-monthly. Croydon Library.	Croydon Library, Civic Square, Croydon	\$10	Phone 9294 5640
12pm - 3pm	Croydon Bookchat Sessions 1st Thursday/month run by Croydon Library	Civic Square Croydon	Free	Phone 9294 5640
1.15-3.15pm	Bingo run by Croydon Senior Citizens Club	222 Mt. Dandenong Road, Croydon		Kath 9725 0115
1.30-3pm	Club Day Entertainment run by Ringwood Heritage Seniors. Afternoon Tea \$2.	Federation Estate Greenwood Ave. Ringwood.	\$5-bus if pickup needed	Della 9870-9403
1.30pm	Decorative Rubber Stamping 1st Thursday/ month Eastern Ranges Retirees Inc	Private Home, Bayswater North		Margaret 8711-3085
7:30pm	LACV Meeting 1st Thurs month, speakers tea & chat Croydon Life Activities Club.	Dorset Gardens Complex Croydon		Secretary 9725 2785
7:30pm	Indoor Bowls 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	The Clock Tower Day Club. Social group. Meet 1, 2 & 4th Friday /month. 3rd Friday/month is outings day	Ringwood RSL		Don Scally 9870-7126
mornings	Computer & Family History classes Free to Eastern Ranges Retirees members	Swinburne University Lilydale		Erika 9762 2186
10am-11.30am	Companion Club social group run by Ringwood Salvos	Cnr City and Wantirna Roads, Ringwood	\$2	Sharni 9870 0720
10am-12pm	Dancing (old time & new vogue), at Croydon Senior Citizens Club	222 Mt Dandenong Road, Croydon		Mary 9762 2578
10am-12pm	Retirees (fully or partly self-funded) meeting, 1 st Friday/month. A.I.R. Melbourne -East	Senior Citizen's Hall. Silver Grove, Nunawading (Mel.48 E9)		Judy 9894 1989
10.00-12.00	Evergreens social group -morning tea incl. Last Friday/mnth Evergreens, Holy Spirit Parish	120 Oban Road North Ringwood		Shirley 98701396
10am-4pm approx	Seniors Bus Outing. 3 rd Friday per Month. Includes outings to gardens and places of interest	Buses leave from Ringwood Church of Christ back carpark.	\$20	Libby Murray 9870 8169
2pm	Military History Group , bi-monthly. Croydon Library.	Croydon Library 5 Civic Square Croydon.	Free	Alan 9294 5640
TIME	SATURDAYS	VENUE	COST	CONTACT
10:00am	Bird Watching LAC Croydon 4th Saturday Each Month	Various		Allan 9870 2271
10.00-noon	Come and Try Croquet , free tuition every Saturday and Tuesday	Gardini Crescent Ringwood		Lorraine 9870 1006
11.am - 3pm	Walking Group (2nd Sat monthly) by Life Activities Club Croydon	Various locations		Secretary 9725 2785
10am - 2pm	Croydon Men's Shed meets at Monkami	Cnr Lincoln & Dorset Roads Croydon		Jim King 0418 343 034
1pm - 3pm	Fun game of Bingo run by Ringwood Heritage Seniors	Federation Estate Greenwood Ave	\$2	Shirley 9893 2323
7:30pm	Dance 1st & 5th Sat of the Month North Ringwood Senior Citizens	125A Warrandyte Rd Ringwood North		Doreen 9723 9543

WHATS ON CALENDAR for OVER 50s

TIME	SUNDAYS	VENUE	COST	CONTACT
12noon	Dine out group , 3 rd Sunday/month By Life Activities Club Croydon	Various local venues		9725 1578
1pm 3pm	Nu-Vogue Dance , fortnightly at North Ringwood Senior Citizens	Norwood Reserve Warrandyte Road	\$2	Doreen 9723 9543
	Musical Afternoon			Pat
2:00pm	3rd Sunday/month - ERRI	Various homes		9870 5508
1pm - 3pm	Croquet , a fun game every Sunday afternoon	Gardini Crescent Ringwood beside Tennis Court		Ray 9801 1976

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

MINDFULNESS

You've lived in your body all your life, but do you really know it? Mindfulness is a combination of relaxation, breathing exercise, self-focus, and gentle stretching and strengthening of the body – ideal for those in the afternoon tea time of their lives! ☺ It complements physical and brain exercise.

Separate groups are being planned for men only, and men and women – in Croydon and/or Ringwood areas. Free or low fees depending on venue costs.

MEN'S GROUP

A new Men's Discussion Group is being planned for Croydon. Learn to listen more, communicate better your needs and views, and quietly support other blokes in a safe, confidential place. (But it's not a therapy group.) Discussions will vary from themes to personal sharing to movie discussions to interactive talks by special men. Free or low fees depending on venue costs.

To find out more contact Brian, Eagle Health Resources,
info@eaglehealth.net.au or phone 0418 326 670.

Don't bin it. Recycle instead.

The following items should not go in the Maroondah kerbside waste and recycling collection. Instead the listed centres in, or close to, Maroondah is where they can be dropped off for recycling.



Batteries (single use and rechargeable batteries)

At Coles, Bunnings and Officeworks stores participating in Batteryback. Drop-off points close to Maroondah are Bunnings (Scoresby, Chirnside Park) and Coles (Ringwood). Also Battery World (Wantirna) and Aldi (Bayswater, Chirnside Park, Croydon, Kilsyth, Ringwood).

Compact fluorescent lamps

At the Monash Waste Transfer and Recycling Station (Notting Hill), Whitehorse Recycling and Waste Centre (Vermont South) and Ikea (Springvale).

Mobile phones

At Maroondah City Council customer service centres. Most mobile phone shops, ANZ Banks, Post Offices and Harvey Norman stores.

Computers, printers, televisions, computer accessories

Closest drop-off centre for the National Television and Computer Recycling Scheme is the Knox Recycling and Waste Transfer Station (Wantirna South).

Why shouldn't they go in the bin?

When these items are sent to landfill, we can no longer use the precious metals and other materials that can be recycled. Also, toxic metals can leak in landfill and pollute groundwater and soil.

For more information contact Maroondah City Council on 1300 88 22 33 or 9298 4589, or refer to Council's recycling guide:

<http://www.maroondah.vic.gov.au/RecyclingGuide.aspx>

Seniors Transport Guide

The Seniors Transport Guide is aimed at encouraging senior residents in Maroondah to consider a variety of transport options.

It features handy information and contact details for a range of options including:

- Metropolitan trains and buses
- V/Line trains and coaches
- Taxi services
- Community transport services
- Riding a bicycle

It also includes comprehensive information about the myki ticketing system; travel concessions; and transport options for HACC program consumers.

We hope that by encouraging the use of different modes of transport, senior residents will be able to maintain their independence and stay connected with their family, friends and the community.

To obtain a copy of the Guide

The Seniors Transport Guide is available from Council's Service Centres and can be downloaded from Council's website at www.maroondah.vic.gov.au. Residents can also contact Council on 1300 88 22 33 to request a copy.

Useful Contacts

- **Emergency: 000**
- **Maroondah City Council: 1300 88 22 33**
- **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: 9870 7822**
- **Accommodation Services: 1300 558 484**
- **Direct2Care: 1300 121 121**
- **Commonwealth Respite and Carelink Centre 1800 059 059 (24 hours/ 7days)**
- **Vision Australia: 1300 84 74 66**
- **Seniors Information Victoria: 1300 135 090**

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

www.healthyageing.org.au