



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

Even More at www.healthyageing.org.au



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www.facebook.com/hanetwork



Maroondah
Healthy Ageing Network

Call 9879 0622 for enquiries
regarding this newsletter or email:
peter@innsys.com.au

Maroondah Senior Smart Riders



Maroondah Seniors Smart Rider program (*funded by EMMML/OEHSCA Community Grants Program*).

Maroondah Council in partnership with Maroondah Police Seniors Register is launching the Seniors Smart Riders program, aimed at giving older residents the skills they need to utilise public transport.

The hands on program will cover topics such as; how to purchase and use a MYKI card; accessibility on public transport and the role of the Protective Service Officers.

The free program will run on:

Monday 17th March 2014

Monday 7th April 2014

Monday 5th May 2014

and commence at 12:15 pm to 4:00 pm. (Some walking required).

Bookings are essential and will commence from 18th February 2014 for all sessions. An agenda will be forwarded via Australia Post to you once you have registered.

Telephone bookings can be made with either
Maroondah Police Seniors Register
Maroondah City Council

(03) 9724 0177 or
(03) 9294 5729

Glen Park Community Centre

When considering a community centre, what do you consider the most attractive feature? Do you choose a centre that aims to provide a range of programs and activities that are relevant to the needs of the local community? Do you choose a centre that offers a friendly, supportive and welcoming environment for all people in our community, whilst promoting personal growth through social, recreational and learning opportunities that are accessible to all?



Glen Park Community Centre has been specifically designed to meet the needs of our community, taking into account that a community is always changing and never stagnate. Glen Park is constantly working to improve on the range services we provide by taking part in community initiatives and events, and listening to the community's voice via our social media avenues and surveys. We are a member of Learn Local - a network of over 300 not-for-profit organisations across Victoria offering adult community education and training to people from all walks of life. We also offer a range of fantastic facilities such as the cafe, community garden and community shed.

The cafe on the park offers delicious homemade meals at very reasonable prices and the recently developed Glen Parks Oaks Community Garden is growing strong with the fruits of your labour boasting an undercover barbeque and seating arrangements, meandering footpaths and views of the Dandenong Ranges. We also feature a community shed which offers new and exciting workshops for people of all abilities.

There is so much happening at Glen Park, so get involved.



Glen Park Community Centre
30 Glen Park Road
Bayswater North, Vic 3153

Phone: (03) 9720 5097 or (03) 9720 9549

Email: office@glenparkcc.com.au

Open Monday to Friday 9am-4pm

New Computer Courses at Arrabri Community House



Term 2 28th April Onwards

BYOD (Bring your own device) Explore and learn more about your android tablet, Samsung, nexus or any other generic tablet. Bring it along for hands on training and exploring.

Windows 8.1 – Is the new windows home screen confusing you, come along and learn tips and tricks and be as confident on your new computer as you were on windows 7.

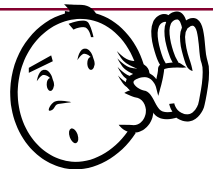
Are you mature aged and wanting to learn computers at a pace of your own making. Join us on a Monday afternoon for this introduction class which will run all year.

Arrabri Community House Inc.

Phone : 9294 7530 Email: programs@arrabri.org Web: www.arrabri.org

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
9.00 – 10.00am	Living Longer Living Stronger Strength Training	Yarrunga Comm. Ctr. 76-86 Croydon Hills Dr Croydon Hills		Office 9722 8942 9-3pm Mon-Fri
9.30am - 3:30pm	Bush Nomads – Walks of 8- 10km with an experienced group leader. Moderate fitness level required.	North Ringwood Community House 120 Oban Rd, Ringwood Nth	\$1.50 per sess.	9876 3421
9.30 – 11.30am	Table Tennis at Croydon Senior Citizens Club	222 Mt. Dandenong Road, Croydon		Maureen 9876 5303
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
10:15am	Morning Coffee (3rd Mon) Eastern Ranges Retirees	Contact Erika for Location		Erika 9762 2186
10.00 am	10-Pin Bowling 1st Mon/Month OZ Ten Pin Bowling - ERRI commences 6th Jan 2014	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 - 10am	Fitness for the Over 40's	Arrabri Comm House 42 Allambanan Dr Bayswater North		9294 7530
9am-2pm	We play klaverjassen and a game of rumme-cup Croydon Dutch Club	Keystone Hall, Civic Square, Croydon.	\$6 yrly, \$2/week	Frank 9729 2271
9.30am - 11:30	Creative Craft Morning. Bring a craft project along & share ideas & skills with others. required.	North Ringwood Community House 120 Oban Rd, Ringwood Nth	\$2.50 per sess.	9876 3421
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 8838 0013
10-12.30pm	The Brink-Social group. Craft and hot lunch. TLC Church	265 Canterbury Rd, Bayswater North	\$3/ week	Sue 9729 6555
11-12pm & 12.30 - 1.30pm	Living Longer Living Stronger Strength Training	Yarrunga Comm. Ctr. 76-86 Croydon Hills Dr., Croydon Hills		Office 9722 8942 9-3pm Mon-Fri
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
6.45 - 8.00pm	Meditation and Tai Chi - Gentle, relaxing exercise to improve strength, flexibility, balance and helps maintain good health.	Yarrunga Comm. Ctr. 76-86 Croydon Hills Dr., Croydon Hills		Office 9722 8942 9-3pm Mon-Fri

WHATS ON CALENDAR for OVER 50s

TIME	WEDNESDAYS	VENUE	COST	CONTACT
9.15 am - 10.15	Cardio Tennis - Fitness that combines music, tennis and cardio exercise	Arrabri Community House Bayswater North		9294 7530
9.30am-2.00pm	Italian Seniors — (cards, bingo and some outings), Croydon Italian Senior Citizens Club	Croydon Tennis Club Croydon		Vincent 9726 7674
9am-12pm	Cycling Group run by Life Activities Club Croydon	Generally around Croydon	Members Free	9725 2785
9.30 – 11.30	Croydon Probus Club 2nd Wednesday each month	Keystone Hall, Civic Square, Croydon		Colleen 9876 3728
10:30 - 12:00	Activities for Over 50s and Outings 1st Wed of Month	St James Anglican Church, 21 Bemboka Rd, Croydon Hills		Julie 9812-2544
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
10am	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 8838 0013
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		Jacqueline 9876 0028
2pm	Scrabble run by Life Activities Club Croydon 2nd Wed each month	Private Home		9725 5966
7pm - 8.30pm	Widows and Widowers Support Group , (every 4th Wed) Tea and Coffee provided	Glenn Frost Room Croydon Library	(Gold Coin)	Charlene 0402 229 764

WHATS ON CALENDAR for OVER 50s

TIME	THURSDAYS	VENUE	COST	CONTACT
08.30am	Golf Group Meets each week at 9am Life Activities Club Croydon	Dorset Golf Club - Annual membership	9 Holes \$12.50 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
9.30am - 11:30	FAB 50's Group – Social morning for women over 50. Guest speakers, craft activities and outings Join in the fun and friendship .	North Ringwood Community House 120 Oban Rd, Ringwood Nth	\$3.50 per sess.	9876 3421
10.30 – 12pm	Music Appreciation 1 Classes run by Ringwood U3A	125A Warrandyte Road Ringwood North		Office (9-12) 9879 2677
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
1.30 - 4.30pm	Mahjong 3rd Thursday/ month Eastern Ranges Retirees Inc	5 Surrey St, Ringwood		Pat 9870 5508
7:30pm	LACV Meeting 1st Thurs month, speakers tea & chat Croydon Life Activities Club.	Dorset Gardens Complex Croydon		Secretary 9725 2785
8.00 – 9.00pm	Living Longer Living Stronger Strength Training	Yarrunga Comm. Ctr. 76-86 Croydon Hills Dr Croydon Hills		Office 9722 8942 9-3pm Mon-Fri

WHATS ON CALENDAR for OVER 50s

TIME	FRIDAYS	VENUE	COST	CONTACT
9.15am - 10.15	Yarrunga Walkers - walks around the local area at a moderate pace	Yarrunga Com. Ctr. 76-86 Croydon Hills Dr Croydon Hills	\$5	Office 9722 8942 9-3pm Mon-Fri
9.15am	Yarrunga Trekkers - Vigorous walks of 8-10km, AND walks up to 18km. Reasonable level of fitness required.	Office 9722 8942 9-3pm Mon-Fri	\$10 pa \$1 per walk	Office 9722 8942 9-3pm Mon-Fri
9.15 - 10.15	Lets Get Physical	Arrabri Comm House 42 Allambanan Dr Bayswater North		9294 7530
10.00- 12.15p m	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
10.00 - 11.00	Tai Chi for Health & Well Being gentle movements	Yarrunga Com. Ctr. 76-86 Croydon Hills Dr Croydon Hills		Office 9722 8942 9-3pm Mon-Fri
10.00 - 11.00	30/30 for Seniors – 30 mins of easy moves to improve mobility and lessen stiffness, 30 mins chair exercises. No floor exercises.	Yarrunga Com. Ctr. 76-86 Croydon Hills Dr Croydon Hills		Office 9722 8942 9-3pm Mon-Fri
morn- ings	Computer & Family History classes Free to Eastern Ranges Retirees members	Swinburne University Lilydale		Erika 9762 2186
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, Nun- awading (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	Armchair Travel 3rd Friday of month Life Activities Croydon	Private Homes		9725 1578
2pm	Military History Group , bi-monthly. Croydon Library.	Croydon Library 5 Civic Square Croydon.	Free	Alan 9294 5640

WHATS ON CALENDAR for OVER 50s

TIME	SATURDAYS	VENUE	COST	CONTACT
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		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
TIME	SUNDAYS	VENUE	COST	CONTACT
11:30am	Pilates classes , run by Croydon Leisure \$ Aquatic Centre	11 Civic Square, Croydon		Phone: 9294 5500
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
2:00pm	Musical Afternoon 3rd Sunday/month - ERRI	Various homes		Pat 9870 5508
1pm - 3pm	Croquet , a fun game every Sunday afternoon	Gardini Crescent Ringwood beside Tennis Court		Ray 9801 1976

EVERGREENS NORTH RINGWOOD SOCIAL GROUP BUS TRIPS

Leave the driving and parking to the professionals

March 17th Four days at Lakes Entrance

April 11th Cerberus Naval Museum

May 16th Chocolate Factory in Yarra Glen

Bus fare is very reasonable: only \$5.00 for members or \$10.00 for occasional users. Lunch will be at your own expense but we do arrange a booking somewhere local. It's an LOL type of day!!

For more information you can call Carole on 9893 1383.

Better Health Management



Pictured are Sue Anderson and Geraldine Swift who will be conducting the Program.

A six-week program designed for people living with an ongoing health problem, such as arthritis, diabetes, heart disease.

This course is held in a friendly group setting and will equip you with skills to help you to take charge of your health.

Learns ways to:

- ◇ Manage your symptoms
- ◇ Set and achieve goals
- ◇ Deal with fatigue, depression, anxiety
- ◇ Solve health-related problems
- ◇ Live your life to the full

When **Program 2** (2014)
 Wednesday mornings 9.30AM-12PM
 6 sessions Starts July 16
Program 3 (2014)
 Tuesday afternoons 1.30PM - 4PM
 6 sessions Starts October 14

Where Maroondah Social and Community Health Centre
 75 Patterson St Ringwood East
 Cost \$9 per class
 Discount for full payment at session one. (\$50 for 6 sessions)
 Contact Intake Worker on
 9837 3999 for further details



Clocktower Day Club At Ringwood RSL

1st, 2nd and 4th
Friday of the month.

9.30 am to midday.

On the 3rd Friday we usually go on a day bus trip. The club function is to alleviate social isolation and to provide interest and entertainment for senior citizens, war veterans, and war widows and widowers. Although you do not have to be one of these to join our club.

We promote social contact through activities such as recreational games, e.g. bingo trivia, gentle exercises, information sessions, entertainers, guest speakers.

Please contact Mrs Janette Watkins 97635034 or just come to the VC room at the RSL Station St Ringwood.

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