



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



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

Life Activities Club Croydon



Make the second half of your life more enjoyable by joining a Life Activities Club. With so many activities on offer, there's something for everyone. Life Activities Clubs support people to manage their transitions and enhance their lives through educational, social, physical and recreational opportunities and experiences.

Your **second half of life** can be a time of great opportunity to:

- discover new interests and uncover your hidden talents in the company of like-minded people
- broaden your social circle and make new friends
- appreciate our slogan that 'Life's better together' whether retired, working part time or full time; pay us a visit and see for yourself

Life Activities Club Croydon has an enjoyable Club night on the first Thursday of each month at the Dorset Hotel from 7:30 – 9:30pm. A selection of speakers and social activities (including a light supper) complement our monthly calendar of various free or inexpensive events held during the day and evening throughout each week and weekends.

On **Friday, 15th May** we will have a small display at the **Croydon Library Expo** between 1- 3:30pm where you will be able to gather some information and have a chat with our Secretary who will assure you that before you decide to join you are welcome to enjoy a couple of activities. You may even make the acquaintance of our mascot Ms Petronella Pig.

Contact: Edith - 9725 1578 or John - 9727 3915
www.life.org.au/croydon

EVERGREENS OUTINGS

We are planning a fun year in 2015. If you'd like to join us, we charge only \$5.00 for the bus, plus whatever the venue charges us. Lots of good times with people who like to laugh. If you're interested you can call Shirley on 9870 1396 or Carole on 9893 1383.

Friday, April 17
Friday May 15

Tennis Centre, Guided Tour
Shrine of Remembrance, Guided Tour

Have you discovered Wyreena?



Wyreena is located in Croydon and is a thriving Community Arts Centre offering a wide range of arts and healthy lifestyle programs for all ages, including pottery, drawing, painting and yoga. Wyreena is home to various community groups including Eastern FM, The Croy-

don School of Dance and The School of Philosophy and has a variety of rooms for hire. The Centre features The Conservatory Café and The Arts Lounge exhibition space providing visitors with the combined experience of enjoying lunch or a coffee and cake and the original art work by a variety of featured artists. The picturesque gardens have a playground and picnic tables for the community to enjoy.

The Centre has a unique history that captures the interest of visitors to Wyreena. The main building was built in the early 1920's by the Catamore Family who purchased the four acre property as a semi-rural retreat. In the 1950's the Catholic Church purchased the property and was re-named it Our Lady of the Sacred Heart Convent. The nuns ran a commercial college and also offered private music lessons. By 1977 the property had been sold to developers and was about to be demolished when a passionate group of local activists rallied together to save the buildings. The State Government and the City of Croydon (now the City of Maroondah) purchased Wyreena for \$360,000 and it became a Community Arts Centre.

It has been thirty-eight years since the saving of this magnificent property and Maroondah City Council proudly own and operates Wyreena. To find out more about Wyreena please phone 9294 5590 or visit the website artsinmaroondah.com.au, Wyreena is also on Facebook. The café and The Arts Lounge are open weekdays from 9am to 4pm and Saturday's from 9am to 3pm (closed Sundays and Public Holidays). **Wyreena is located at 13-23 Hull rd in Croydon.**

Maroondah Leisure



maroondah
leisure

Living Longer Living Stronger: Strength Training for Older Adults

Monday	7am to 9am	10.30am to 12.15pm
Tuesday		10.30am to 12.00pm
Wednesday	7am to 9am	10.30am to 12.15pm
Thursday		10.30am to 12.00pm
Friday	7am to 9am	10.30am to 12.15pm

11 Civic Square
Croydon 3136

Ph: 9294 5500

Silvers: Sport and Exercise for Older Adults

Tuesdays: 1.30pm to 3.00pm. Casual badminton and table tennis session - unsupervised.

Thursdays: 10.00am to 11.30am. Structured program including warm up, court sports and a variety of activities - supervised.

Seated Exercise: A First Step Back to Exercise in conjunction with EACH Physiotherapy

Mondays: 1.30pm to 2.30pm (excludes public holidays)

Wednesdays: 1.30pm to 2.30pm (gym based program)

Lite Pace Aerobics: A Fun Gentle Moderate level aerobics Class

Mondays: 11.30am Wednesdays: 11.30am

Warm Water Aqua: Low impact water work out, great for rehabilitation

Mondays: 9.15am Thursdays: 9.30am & 10.30am Saturdays: 10.30am

Vision Australia



Bayswater Vision Group

This program focuses on social activities for older people and those experiencing vision loss or blindness, in a safe and supportive environment. Activities include: outings, guest speakers, games.

Where: Knox Community Arts Centre, Mountain Highway, Bayswater

When: Wednesday 10am-2pm

Cost: \$15.00 includes morning tea and two course lunch.

Vision Australia

Contact: 9760 0000

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
9.15 - 10.15am	Body Strength & Tone for men and women of all ages 13 April - 22nd June	Heathmont Uniting Church Community Lifestyle Centre	\$100 10 wks	John Rolfe 0437 758 281
9.30am - 3:30pm	Bush Nomads – Walks of 8- 10km with an experienced group leader. Moderate fitness level re- quired.	North Ringwood Community House 35 Tortice Drive, Ringwood Nth	\$1.50 per sess.	9876 3421
9.30 – 11.30am	Table Tennis at Croydon Senior Citizens Club	222 Mt. Dandenong Road, Croydon		9723 2097
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
9.15 - 10.15am	Seniors Flex & Stretch for men and women 13 April - 22nd June	Heathmont Uniting Church Community Lifestyle Centre	\$90 10 wks	John Rolfe 0437 758 281
10:15am	Morning Coffee (3rd Mon) Eastern Ranges Retirees	Contact Pat for Location		Pat 9870 5508
10.00 am	10-Pin Bowling 1st Mon/Month OZ Ten Pin Bowling - ERRI commences 6th Jan 2014	25 Fletcher Road, Chirnside Park		Pat 9870 5508
11.00am 3.0pm	Communion Service followed by light lunch 1st Monday of the Month run by Church of Christ	13 Bedford Rd, Ringwood		Libby Murray 9870 8169
1pm - 3:30pm	BYO Laptop Windows 8 course for beginners	Central Ringwood Community Centre Bedford Rd Ringwood	\$65 per term	Office 9870-2602
1:00pm- 4:00pm	Snooker/Pool, Table Tennis Afternoon Tea North Ringwood Senior Citizens	Norwood Reserve Warrantyte Road Ringwood North	\$1	Doreen 9723 9543
1.30pm - 3.30pm	Darts at Croydon Senior Citizens Club	222 Mt. Dandenong Road, Croydon		9723 2097
2:00pm	National Seniors Australia 1st Monday of month Speaker & af- ternoon tea	Maroondah Sports Club, Cnr Dublin & Mt Dandenong Rds	\$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
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 35 Tortice Drive, Ringwood Nth	\$2.50 per sess.	9876 3421
9:30am - 12:00	IPAD for Beginners	Central Ringwood Community Centre Bedford Rd Ringwood	\$65 per term	Office 9870-2602
9:30 - 11:30	Line Dancing at Croydon Senior Citizens Club	222 Mt Dandenong Rd Croydon		9723 2097
9:30am - 2pm	Croydon Men's Shed meets at Swinburne TAFE	Building CN5 Norton Road Croydon		Jim King 0418 343 034
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
9.30- 11.30am	Armchair Travel Classes Ringwood U3A	125A Warrandyte Rd Ringwood North		9879 2677 9-12pm Mon- Fri
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	\$1	9723 9543
1:30 - 3:30pm	Carpet Bowls at Croydon Senior Citizens Club	222 Mt Dandenong Rd Croydon		9723 2097
2:00pm	Scrabble run by ERRI 3rd Tuesday of each month	Private Home		Pat 9870 5508
3:30pm - 6:00pm	Bocce 2nd & 4th Tuesday run by EPR	125A Warrandyte Rd Ringwood North		Leo Mioni 9870-1512
6pm - 7pm	Yoga & Relaxation 14 April - 23 June	Heathmont Uniting Church Community Lifestyle Centre	\$100 10 wks	John Rolfe 0437 758 281
6.45 - 8.00pm	Meditation and Tai Chi - Gentle exercise improves strength, flexibility, balance and good health.	Yarrunga Comm. Ctr. 76-86 Croydon Hills Dr., Croydon Hills		Office 9722 8942 9-3pm Mon-Fri

WHAT'S ON CALENDAR for OVER 50s

TIME	WEDNESDAYS	VENUE	COST	CONTACT
9.30 - 11:30	Learn to Line Dance at Croydon Senior Citizens	222 Mt. Dandenong Road, Croydon		9723 2097
9.30 - 10.30	Tai Chi 15 April - 23 June	Heathmont Uniting Church Community Lifestyle Centre	\$100 10 wks	John Rolfe 0437 758 281
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 1578
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
11 am	Ringwood View Club 2nd Wed each month lunch and speaker	Natalie's Restaurant 669 Maroondah Hwy Mitcham	\$25	Glenys 9733 1888
1pm-3.30pm	Cards/Scrabble at Croydon Senior Citizens Club	222 Mt. Dandenong Road, Croydon		9723 2097
1pm	Table Tennis, Snooker/Pool at North Ringwood Senior Citizens	Norwood Reserve Warrandyte Rd North Ringwood	\$1	Doreen 9723 9543
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		Enquiries 9725 1578
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		Enquiries 9725 1578
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 Life Activities Club Croydon	Dorset Golf Club	9 Holes \$14.00 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
9:30am - 2pm	Croydon Men's Shed meets at Swinburne TAFE	Building CN5 Norton Road Croydon		Jim King 0418 343 034
9.30am	Club Social Meeting, morning tea/speakers. 4th Thurs/month Eastern Ranges Retirees Inc.	Federation Estate Greenwood Ave Ringwood		Pat 9870 5508
9.30 - 10.30am	Seniors Flex & Stretch for men and women 16 April - 25 June	Heathmont Uniting Church Community Lifestyle Centre	\$90 10 wks	John Rolfe 0437 758 281
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
10am - 12pm	FAB 50's Group – Social morning for women over 50. Guest speakers, craft activities and outings	NRCH 35 Tortice Drive, 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
11am-1pm	Fabulous Fortnightly Feast Enjoy a speaker or activity and lunch Fortnightly	Central Ringwood Community House Bedford Rd Ringwood	\$8	9870 2602
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
12.30-3.30pm	Old Time / New Vogue Dances Afternoon Tea included North Ringwood Seniors Citizens	125A Warrandyte Road Ringwood North	\$4	Doreen 9723-9543
1.15-3.15pm	Bingo run by Croydon Senior Citizens Club	222 Mt. Dandenong Road, Croydon		9723 2097
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 supper & chat Croydon Life Activities Club.	Dorset Gardens Complex Croydon		Secretary 9725 1578

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
9.30 - 12.00	Family History classes Eastern Ranges Retirees	Croydon Library		Trish 9735 2049
9.15 - 10.15	Lets Get Physical	Arrabri Comm House 42 Allambanan Dr Bayswater North		9294 7530
9.30 - 12.00	Computer Classes Bedford Park Eastern Ranges Retirees	Bedford Park Ringwood		Brigitte 9723 3103
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
10.00 - 12.15	The Clock Tower Day Club Social Group: 1st , 2nd & 4th Friday, 3rd Friday Outings Day	Ringwood RSL		Tina Burne 9763 3741
10am- 12pm	New Vogue Dancing Croydon Senior Citizens Club	222 Mt Dandenong Road, Croydon		9723 2097
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
1.30- 3.30pm	Carpet Bowls at Croydon Senior Citizens	222 Mt Dandenong Road, Croydon		9723 2097
1:30pm	Armchair Travel 3rd Friday of month Life Activities Croydon	Private Homes		9725 1578
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
2pm	Military History Group , bi-monthly. Croydon Library.	Croydon Library 5 Civic Square Croydon.	Free	Alan 9294 5640
6.45pm	Mingles night for friendly singles Friends Getting Together Inc. social group	Local Hotel		Janice 9888 2759

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 1578
9:30am - 2pm	Croydon Men's Shed meets at Swinburne TAFE	Building CN5 Norton Road 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 - 11pm	Old Time / New Vogue Dance 1st & 5th Sat of the Month - Sherry, Apple/Orange Juice Served Please bring a plate North Ringwood Senior Citizens	125A Warrandyte Rd Ringwood North		Doreen 9723 9543
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	Old Time/New Vogue Dances , afternoon tea included fortnightly 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

Self Help and Local Client Groups

Self- help and local client groups are run by individuals experiencing vision loss and blindness for others with vision loss. They offer support, friendship and a chance to share ideas, experiences and feedback. Groups enjoy different activities - such as outings, lunches, guest speakers, hobbies and sports – whilst making friends and hearing from local Vision Australia staff. Family and friends of people who are blind or have low vision are also welcome



Name: Ringwood Visa
Meets: Second Monday of the month at 10.30am
Location: Ringwood RSL Club, Station St, Ringwood
Group Leader: Genevieve: 9878 7106

Knit and Crochet Group
 The group aim: to enjoy the experience and social aspect of knitting and crochet, by coming together and learning from each other.
Where: 252 Dorset Rd, Boronia
When: Once a month, 10.00am – 12.00pm
Group Leader: Camela: 9511 0514

YARRUNGA RETIREES GROUP



Retirees combined Garden and Gadabout outing to Coombe Cottage

In 2003 Yarrunga Community Centre in Croydon Hills formed the Yarrunga Retirees Group to serve a need expressed from interested community members. The aim was to create a group of active, interested retired people for friendship and social activities.

The Group is unique in its structure. It doesn't have a formal committee thus eliminating the need for an AGM, Constitution, bank accounts and association membership fees etc. The decision to operate in this way was made in the early

stages of the Group's formation. To ensure that the Group is fairly and democratically run, meetings are chaired on a rostered basis. An active group of convenors form a planning group who are responsible for co-ordinating different activities. This planning group changes from time to time.

Members must complete a registration form and pay annually. A name tag is issued by the Group. The current membership is 120 and a waiting list may apply. This annual fee assists in covering costs of room hire for monthly convenor and general meetings, Centre staff and administration costs and insurance of equipment.

New activities are encouraged. If a member has an idea for a new activity it can be presented to the voluntary planning committee and then to the members at a monthly meeting to gauge interest. It would then be the responsibility of the proposer to convene the new activity if accepted.

The general meeting is held at the Centre on the second Wednesday of each month from 10.30am, including a speaker of interest and the chance to socialise with fellow members over a cup of tea/coffee. Quarterly calendars/newsletters are distributed at the February, May, August and November meetings, all absentees receive via email or post.

This group of like minded retirees has fun and friendship participating in many of the activities offered, including garden, gadabouts, movie lunches, Karralyka morning melodies, indoor bowls, cards, pub lunches, evening dine-outs, craft, caravan holidays, bus trips and more.

U3A Croydon Inc.

FOR THE RETIRED

With memberships expected to increase to well in excess of 1000 in 2015, U3A Croydon Inc. (University of the Third Age), conduct around 100 classes weekly for members. Classes incl. several computer classes, furniture restoration, languages, dancing, choir, card & board games, drawing, craft, outdoor activities, swimming, table tennis, genealogy plus many more.



NEW MEMBERS WARMLY WELCOMED.

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



KEYSTONE COMPLEX
1 CIVIC SQUARE
CROYDON 3136
Ph: 9724 9544

www.u3acroydon.org.au

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**
- **National Dementia Helpline: 1800 100 500**
- **Alzheimer's Australia (VIC): 9815 7800**

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

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