

# Healthy Ageing CHATTER BOX

Produced by the Maroondah Healthy Ageing Network



## Wrapped in Volunteering!

**Eastern Volunteers** (EV) is a community based organisation providing volunteer recruitment, training and placement services as well as HACC transport services for people living or working in Maroondah, Whitehorse and the Yarra Ranges. We interview more than 800 people annually for volunteering opportunities in over 350 different community organisations.



In partnership with Eastland we held a gift wrapping service prior to Christmas and we will be providing a similar service from late April to wrap gifts for Mothers Day. We are seeking volunteers to help us deliver this service with gifts being wrapped for a gold coin donation.



The Eastern Volunteers Gift Wrapping service is a great way to volunteer within a fun environment. Toni Bardella (pictured) was one of our new volunteers, who assisted in this program.

“I was impressed with the quality of wrapping paper and ribbon and was able to meet many different people, including other volunteers. It was a great way to get involved in the community and to assist other people,” Toni said.

... continue reading on back page

Call 9879 0622 for enquiries regarding this newsletter or email: [peter@innsys.com.au](mailto:peter@innsys.com.au)

## PENUMBRA CENTRE INC.

*Be creative, laugh with friends - live well.*

The definition of the word Penumbra is, "The fringe region of half shadow resulting from the partial obstruction of light."

Penumbra Centre Inc. was originally established in Heathmont in 1978 as a day centre for adults with vision impairment, hence the name as described above.

The nature of our service has broadened over the years and we now offer services to a diverse cross section of our community including the aged, people with sensory impairment, intellectual disability, brain injury and mental health disorders.



We provide a fun and stimulating day for our members in a safe and caring environment. Activities include art and craft, painting, mosaic, knitting, quizzes and word games, and outings. We will also be starting a gardening program later in the year.

We operate on Tuesdays, Wednesdays and Thursdays during the school terms.

For more information including you can call us on 8822 4408

Or check out our website [www.penumbracentre.com.au](http://www.penumbracentre.com.au)

### **\*\*MYTHBUSTERS\*\***



**MYTH:** *You can't teach an old dog new tricks!.*

**FACT:** The truth of the matter is, you are never too old to learn. Tests show that the more physical activity and mental stimulation we seek out and receive, no matter what our age, the better off our brains are -- and that also holds true for dogs. Older canines responded in the same fashion as humans, testing higher on cognitive tests when they received regular mental stimulation and social interaction with other dogs. In a recent study of older learners, 80% reported an improvement in life satisfaction, self-confidence, self-image, or ability to cope due to engagement in learning. So get in touch with U3A or your local community centre or TAFE and learn something new!

## News For Maroondah Seniors

### EASTERN RANGES RETIREES INC. (E.R.R.I.)

We meet at the Federation Estate on the 4th Thursday of each month at 9.30 a.m. We have our meeting, morning tea and a speaker or activity. We charge \$2 at the door which covers our morning tea and door prize each month. We have over 100 members and usually have about 50-60 at our meetings. Some of us go on to lunch at the RSL, Ringwood after the meeting. We also have a monthly magazine called Erri News. Our membership ages from 55 to 96 and we try to arrange for everyone to take part where possible. Our annual subscription is \$12 for singles and \$18 for couples.



As we don't have our own facilities, our activities are run by convenors, mainly in private homes, some in the afternoons and some at night. Some of our activities include 3 computer groups – basic, advanced and family history, garden group – meetings and outings, scrabble, rum-making, mahjong, musical appreciation (all types), book club, theatre outings and Morning Melodies and Travel - we have day outings and short trips of 3 to 5 days during the year.



We are a very friendly group who care for each other and keep in touch regularly. For more information contact Pat Smith 9870 5508.

### The Evergreens Social Group

**Upcoming Bus trips. All Welcome. Limited Places so please call us early!**

<b>Mar 11th</b>	Yarra Valley Tourist Railway	\$7 plus bus
<b>Apr 15th</b>	Ripponlea	\$9 conc. plus bus
<b>May 13th</b>	Aquarium	\$21 plus bus
<b>Aug 12th</b>	Immigration Museum	
<b>Sept 16th</b>	Rhododendron Garden	

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

## 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 will also be a more extensive list of the activities listed on our website at [www.healthyageing.org.au](http://www.healthyageing.org.au)



### A DEGREE OF ENTHUSIASM!

**Yes, that is all you need to join Croydon or Ringwood U3A!**

### **Stay Young and Active !**

Learn new skills in an informal & friendly atmosphere at the University of the Third Age,

We are a self-help co-operative organisation for people who are no longer working full time. At Croydon and Ringwood U3A we have more than 80 classes a week in various locations around the Croydon and Ringwood area. At Croydon U3A Membership is a very modest \$35 a year and that allows you to participate in as many classes as you can fit in! Some classes do have an additional charge for materials that have to be provided.

There are many arts and crafts classes, languages, computers, current affairs, book clubs as well as physical movement as in dance, walking and cycling. For a full list and timetable please call into our offices.

#### **Croydon U3A**

Our office is in the Keystone Hall complex in Civic Square, Croydon opposite the Maroonah Council offices. The office is open on weekdays during school term time from 10 am to 12.30 pm. Office Phone is 9724 9544

#### **Ringwood U3A**

Located at North Ringwood Seniors Citizens Centre, Norwood Reserve, 125a Warrandyte Road, Ringwood.

Office phone is 9879 2677. Opened from 9am-12noon Monday - Friday.

## 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>International Affairs</b> Ringwood U3A	125A Warrandyte Road Ringwood North		9879-2677 9-12 only
10.15- 11.15am	<b>Yoga</b> at Croydon Leisure & Aquatic Ctr	11 Civic Square, Croydon	\$11.90 cons	Phone 9294 5500
11am- 12.30pm	<b>Book Club</b> 1st Monday/month U3A Croydon	Springfield Hall Croydon	Free	Margaret 9870 6921
11am - 1.30pm	<b>Communion Service followed by light lunch</b> Especially for frail elderly. 1 <sup>st</sup> Monday/Month run by Church of Christ	13 Bedford Road Ringwood	Free	Bruce 9870 8169
11.30am	<b>Lite Pace exercise classes</b> , at Croydon Leisure & Aquatic Ctr	11 Civic Square Croydon	\$11.90 cons	Phone 9294 5500
10:00am- 12.00pm	<b>Trauma Bear Finishing Group</b> Ringwood Church of Christ 3rd Monday of the Month	20 Pitt Street Ringwood		Bruce Greig 9870 8169
4:00pm	<b>EPR Choir Rehearsal</b> newcomers welcome	125A Warrandyte Road Ringwood North		EPR PO Box 3220 Nth Ringwood
1:00pm- 4:00pm	<b>Snooker/Pool, Table Tennis</b> Afternoon Tea North Ringwood Senior Citizens	Norwood Reserve Warrandyte Road Ringwood North	\$1	Ray 9723 7889
1.30pm	<b>Musical Afternoon</b> run by Life Activities Club Croydon	Various locations ;	Annual \$20	Secretary: 9726 6424
2:00pm	<b>National Seniors Australia</b> 1st Monday of month Speaker & afternoon tea	Ringwood RSL Station Street Ringwood	\$4	Helen 9879-4058
1:30pm - 2:30pm	<b>Seated Easy Active</b> run by Croydon Leisure in conjunction with EACH	Croydon Leisure Ctr Civic Square Croydon	\$6	Phone 9294 5500
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	Kelly 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		
1pm-3.30pm	<b>Carpet Bowls</b> run by Ringwood Heritage Seniors	Federation Estate 32 Greenwood Av Ringwood	\$1	Shirley 9893 2323
1:30 - 3:00pm	<b>Fun, sports and exercise program</b> run by, Silvers Club	Croydon Leisure Ctr Civic Square Croydon		Phone 9294 5500
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>Rummekin Group</b> , run by Life Activities Club Croydon . 2nd Tuesday each month	Private Homes		Secretary 9726 6424
7.30pm	<b>Scrabble Group</b> (2nd Tues/ mth) Life Activities Club Croydon	Private Residence, Croydon.		Secretary 9726 6424



## WHATS ON CALENDAR for OVER 50s

TIME	WEDNESDAYS	VENUE	COST	CONTACT
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 9726 6424
9.30 – 11.30am	<b>Australian History</b> Classes run by Ringwood U3A	125A Warrandyte Rd Ringwood North		Office (9-12pm) 9879 2677
1pm	<b>Table Tennis, Pool</b> at North Ringwood Senior Citizens	Norwood Reserve Warrandyte Rd North Ringwood	\$1	Phil 9726 6443
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	Kelly 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	<b>Decorative Rubber Stamping</b> 2nd Wed / month by Eastern Ranges Retirees Inc.	Private home Bayswater North		Margaret 8711-3085
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 East Active</b> on Mon/Wed run by Croydon Leisure Centre in conjunction with EACH	Croydon Leisure Centre, Civic Square Croydon	\$6	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 229 764
7:30	<b>Table Tennis (Tue &amp; Wed)</b> Run by EPR	125A Warrandyte Rd Ringwood North		Jim 9876 1832

## 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 \$24 for Seniors	Secretary: 9726 6424
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 Community Centre	78-86 Croydon Hills Drive, Croydon Hills	\$5 yearly & \$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
10am - 10.30am	<b>Tai Chi Beginners classes</b> run by U3A Croydon	Kent Avenue, Room 2 Scout Hall, Croydon		Jennie 9739 4886
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 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
2pm	<b>Coffee Chat Group</b> 4th Thurs/ month, we meet for coffee and chat. National Seniors Aust.	The canteen in Myer Eastland, Ringwood		Helen Fox 9879 4058
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>Family History group</b> - run by Eastern Ranges Retirees - 1st, 3rd, & 4th Fridays each month	Swinburne TAFE Lilydale AWTC		Pat 9870 5508
10am-11.30am	<b>Companion Club social group</b> run by Ringwood Salvos	Cnr City and Wantirna Roads, Ringwood	\$2	Grace 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>Social Meeting.</b> 1 <sup>st</sup> Friday/month. by the Association of Independent Retirees Melbourne -East	Senior Citizen's Hall. Silver Grove, Nunawading (Mel.48 E9)		Ray 98743143
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. Upcoming meetings: 29 Oct & 3 Dec	Croydon Library 5 Civic Square Croydon.	Free	Alan 9294 5640
TIME	SATURDAYS	VENUE	COST	CONTACT
9.00 – 4.00pm	<b>Performing Arts</b> (1 <sup>st</sup> & 3 <sup>rd</sup> week) run by Ringwood U3A	125A Warrandyte Road Ringwood North		Office (9-12pm) 9879 2677
10.30.-11.30am	Young at Heart Aqua classes, by <b>Croydon Leisure &amp; Aquatic Cntr</b>	11 Civic Square Croydon	\$10.50	9294 5500
11.00am – 3pm	<b>Walking Group</b> (2nd Sat monthly) by Life Activities Club Croydon	Various locations	\$20 yrly	Secretary 9726 6424
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		Secretary 9726 6424
1pm-3pm	<b>Nu-Vogue Dance,</b> fortnightly at North Ringwood Senior Citizens	Norwood Reserve Warrandyte Road	\$2	Joy 9878-8084
afternoon	<b>Musical Appreciation Group</b> 3rd Sunday/month. Eastern Ranges Retirees Inc	Various homes		Brigitte 9729 3907



## Is an aspirin a day of benefit to healthy seniors?

There are many reasons to take aspirin, but the overall benefits and risks for healthy people aged 70 and over to take aspirin every day, are unknown.

ASPREE is a history-making study that investigates whether daily low dose aspirin can prevent or delay a first heart attack or stroke, dementia, physical decline and some cancers, such as bowel cancer in older Australians.

ASPREE (ASPirin in Reducing Events in the Elderly) invites Maroondah residents to join the study who:

- ◆ Are 70 yrs or older (no-one is too old)
- ◆ Male or Female
- ◆ Haven't had a heart attack or stroke
- ◆ Are able-bodied
- ◆ Are not anaemic
- ◆ Are not on Warfarin or other blood thinning medications
- ◆ Don't have a bleeding tendency or an allergy to aspirin
- ◆ No evidence of dementia
- ◆ Willing to take a small tablet daily (aspirin or a placebo) for 5 years and attend annual check-ups



If this sounds like you or someone you know, call 1800 728 745 for more information or speak to your doctor about the ASPREE study. More information about ASPREE is on: [www.aspree.org](http://www.aspree.org)

The Chatterbox realises the contribution of more than 11,000 elderly residents to the city of Maroondah and supports healthy ageing within this community.

ASPREE is a collaborative study between Researchers, Universities, the Community and General Practitioners.



We are pleased to announce that Broadband for Seniors internet kiosk is now available at North Ringwood Community House, 120 Oban Road North Ringwood. The kiosk features a computer with broadband access for use by older members of our local community. Training is also available, so beginners are very welcome.

Broadband for Seniors is part of a \$15m Australian Government initiative to increase the skills of older Australians using computers & the internet.

The new internet kiosk offers the opportunity for older people to discover how the web can play a great part in helping them to stay in touch with friends & family, along with offering access to the wealth of information available online.

So if you would be interested in learning more about computers & the internet for free, please contact us for more information. Ring 98763421 for Kiosk access times and Tuition availability.

Would you like to volunteer to teach seniors about the Internet and computer skills? Phone Sue at North Ringwood Community House 120 Oban Road North Ringwood 98763421 The North Ringwood Community House also offers Introductory Computer classes, Word/Excel 2007 & MYOB along with many Health & Fitness classes suitable for Seniors. We also offer a new daytime Furniture Restoration class. For more information visit our web site at [www.nrch.org.au](http://www.nrch.org.au)

## **EPR FLEX'N STRETCH CLASS.**

**Friday 09-00am to 10-00am. Ringwood Community Centre (Off Bedford Road.)**

The Flex'n Stretch class is designed to give members the opportunity to improve muscle toning, flexibility and balance. The program consists of warm-up exercises this is followed by a series of movements using a "Resistant Band" for muscle toning. The program then concentrates on the flexibility of the muscles with gentle postures based on Yoga, Pilates and stretching movements from standing positions, kneeling and laying both face down and on the back, a reasonable degree of mobility is required and consultation with a doctor before participating with this program may be necessary. We end the session with a period of relaxation lying on the floor to ensure that all muscles are relaxed and flexible, the mental aspect of this form of exercise is most beneficial and an important part of the program. The only requirements are a rubberized mat, towel or blanket and light clothing, the resistance bands can be purchased at class.

Class Convenor: Keith Brindlev Phone: 97294171

## Wrapped in Volunteering ...continued from page 1.

Toni has already volunteered to assist again with gift wrapping for Mothers Day and we would like to invite you to help your community and enjoy volunteering in the community.

The Eastern Volunteers Mothers Day Gift Wrapping service will be provided between:

- ◆ Monday 25th April to Wednesday 4th May – 10am to 4pm
- ◆ Thursday 5th & Friday 6th May – 10am to 7pm
- ◆ Saturday 7th May – 10am to 5pm

For further information please contact Alex Makin on 9870 7822 or email [alex.makin@easternvolunteers.org.au](mailto:alex.makin@easternvolunteers.org.au)



## Healthy Eating for Seniors

Good eating habits and proper nutrition are key ingredients for healthy ageing, but it is not easy when you are living alone and it is hard to get excited about cooking. So we want to hear your menu or suggestion for tackling this and we will print the best contribution in our next issue.

## 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)

## 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)