

# 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

## News For Maroondah Seniors

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### Creating a safer community

Along with Seniors Week, October is also Community Safety Month ... and a time to come together to make Maroondah a safer place to work and live.



One of the highlights of the month is a *You Be the Judge* session at 2pm on Thursday 20 October, at Maroondah Federation Estate. The interactive court session, hosted by the Sentencing Advisory Council, is based on a real life case. Participants can determine a sentence for the offender, before finding out how their sentence compares to that handed down by the judge. This event is free - bookings are essential and afternoon tea is provided.

Other activities running throughout the month include women's self defence, CPR for seniors, community talks, and a Wiser Driver Course.

The Wiser Driver Course is on October 3/10/17 & 24 at Arrabri Community House, Allambanan Drive, Bayswater North.(Melway Map 65 B1)

FREE - bookings essential 9294 7530 Comprehensive notes and morning tea provided.

To find out more about Maroondah's Community Safety Month activities visit Council's website or call the Community Safety Officer on 9294 5745 for a program.

## News For Maroondah Seniors

### Eastland Seniors Events

# EASTLAND

#### **September 9th – Garden to Kitchen with Vasili Kanidiadis from 3AW**

**Time:** 11.00am – 1:00pm

**Location:** Fresh Food Mall, Level 1

Known from his popular and original grass roots gardening show on SBS and 3AW, Vasili will share his tips and secrets about gardening and cooking the organic way.

#### **October 7th - Grandparents Retreat**

**Time:** 11.00am – 1.00pm

**Location:** Outside Watchworks, Level 1

Grandparents can put their feet up and treat themselves to a free head and neck massage. We will even keep the kids entertained with free face painting and an activity centre to make a special thank you card.

#### **November 11th – Food & Wine with Bob Hart from 3AW**

**Time:** 11.00am – 1:00pm

**Location:** Fresh Food Mall, Level 1

A food writer, author and broadcaster Bob has written food and restaurant columns for Melbourne's Herald Sun, and for specialist magazines. Bob is a passionate and knowledgeable master of all aspects of traditional recipes. His specialty is real food and real barbecued dishes.

### The Evergreens Social Group – Bus Trips

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

**Sept 16** Ballam Park Homestead, Frankston  
9.00 bus and tour, lunch at Fratelli

**Nov 11** Zoo, \$19.20 Concession & \$5.00 bus,  
BYO lunch or eat there.

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

## RINGWOOD EAST LADIES PROBUS CLUB

The Ringwood East Ladies Probus Club is in its seven-teenth year. The members are a very friendly group who enjoy the friendship and sociable atmosphere of the meetings and numerous activities available.



We meet on the second Friday every month at the Elderly Citizens Hall in East Ringwood, where we are kept up to date on the activities and outings being planned. After morning tea/coffee and a lot of chatting we are entertained and informed by a variety of guest speakers.

Our day trips and tours are very popular and forthcoming outings include Carmelite Monastery in Kew & Williamstown and Westgarthtown German Village.

Our activities include:

- ◆ Two Book Clubs
- ◆ Cards
- ◆ Craft
- ◆ Mahjong
- ◆ Scrabble
- ◆ Beginners Card Making
- ◆ Karralyka Theatre
- ◆ Movie Luncheons
- ◆ Old Movies
- ◆ Lunch and Chat
- ◆ Dine Out
- ◆ Mainly Music
- ◆ Line Dancing
- ◆ Outings - Day Trips and Extended Tours.

New members are made to feel very welcome. If you would like to visit us at our meetings or activities, please contact President Norma on 9876 3751 or Ethel our Membership Secretary on 9725 7152

## 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> run by 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 cons	Phone 9294 5500
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	\$12.30 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
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	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
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		
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>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	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 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
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>Club Social Meeting</b> 1st Thurs/ month, speakers tea & chat Croydon Life Activities Club.	Ringwood RSL		Secretary 9726-6424
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>Retirees</b> (fully or partly self-funded) meeting, 1 <sup>st</sup> Friday/month. by the Association of Independent Retirees 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. 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	\$11.20 class	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
2:00pm	<b>Musical Appreciation Group</b> 3rd Sunday/month - ERRI	Various homes		Pat 9870 5508

## Special Events

### Croydon RSL Jumble Sale

**October 8th - 10:00am to 3:00pm 1 Civic Square Croydon.**

The Women's Auxiliary are holding a Jumble Sale.

There will be Stalls, Sausage Sizzle, Devonshire Teas for the hungry

### Maroondah Brits - Bring and Buy

**September 30th 10.30 Ringwood Library.**

To assist with increasing much needed funds, the Maroondah Brits. Are holding a "bring and buy" coffee morning on Friday, September 30th from 10.30 at the Ringwood Library room. Come along and maybe purchase a treasure or two. To join their friendly monthly lunches, please telephone Cynthia Hammond 9870 7982 for their next venue.

### Open Your Eyes for Open Day at Vision Australia Boronia

**October 3rd - 10am to 2pm 252 Dorset Rd Boronia**

Vision Australia Boronia Centre is having an Open Day on Monday the 3rd of October as part of Seniors Week 2011 activities. The Centre will be open between 10am and 2pm to the public. Come along and meet the Boronia Team- Who are Orthoptists?, Who are Orientation & Mobility Specialists?, Who are Vision Australia Occupational Therapists? There will be Centre Tours, Vision condition information for Seniors, Low Vision Equipment displays as well as further information about the full range of Vision Australia services information. RSVP's (preferable for catering purposes) to Janine and Jennifer on 9760 0000.



### Put Your Hand Up and Join the Fun!

Almost every group in the Healthy Ageing Network is looking for new committee members, yet as this photo taken at an ERRI Committee Meeting shows, it can be a lot of fun.

So if you have ideas, or skills, or just enthusiasm put your hand up to help. If you don't know who to contact; look at "groups" on [www.healthyageing.org.au](http://www.healthyageing.org.au) or ring 9879-0622



## 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)

### Luigi's Bocce Day By Ray Stolz

On every second Tuesday on the oval near the hall you will see a group of people playing Luigi's bocce ball.

Luigi runs the tournament with six courts in the play and has many loyal helpers who assist him on the day.

Luigi mows and marks the courts before the players come and even has a tarp put up for protection from the sun.

After working out the playing draw we hear his famous call "ello 'ello' ello! It's time for bocce ball!"

The groups of teams start playing with lots of laughs and fun, while others chat and socialize under cover from the sun.

An hour or so later the grand final has been played. The winning team is honoured and a presentation made.

As well as bocce there's a raffle and a cask or two of wine. Sometimes there's a barbeque if the weather turns out fine.

Now we all call Luigi "Leo" I really don't know why. The main thing is we love him. He's a hardworking, smiling guy.



**EPR Bocce  
2nd and 4th Tuesday  
3:30pm**

**October to April**

**Norwood Reserve  
Warrandyte Road  
North Ringwood  
Leo - 9870 1512**

**The Maroondah Brits. will be honouring Trafalgar Day and British hero Nelson's great victory, with lunch at Nelsons Restaurant, Melway 63 J11 Friday October 21st. at midday.**

To join this happy band of people telephone Cynthia Hammond 9870 7982 a few days prior.

## Maroondah Seniors Week Jazz Concert

**An afternoon of Good Old-Time Happy Jazz!**

Come along and join the members of the Healthy Ageing Network for an afternoon of great fun jazz and a sumptuous afternoon tea for only \$10

Ringwood Bowls Club

2/12 Loughnan Road Ringwood

Sunday October 16th 2pm - 4:30pm



**Tickets to be purchased prior through the following associations:**

- ◆ Eastern Ranges Retirees Club 9870 5508
- ◆ Enjoying Planned Retirement 9728 6966
- ◆ National Seniors Australia 9879 0622
- ◆ Ringwood Bowls Club 9870 6767
- ◆ U3A Croydon 9724 9544 (10am - 12:30)

### 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)