



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

Vision Australia



Vision Australia is the leading provider of blindness and low vision services in Australia. It supports more than 33,000 people who are blind or have low vision, of all ages, in the home, school or work so they can live the life they choose.

Vision Australia is a not-for-profit organisation that offers services and support for clients throughout NSW, ACT, Queensland and Victoria.

Australians who are blind or have low vision (that is, have an eye condition that cannot be corrected by glasses), can access a full suite of the organisation's services, choosing programs to suit their own life stage. These services include library, employment, education, recreation programs, independent living support, computer training and career support programs. These services are all designed to support people who are blind or have low vision to live confidently and independently.

Vision Australia
Boronia Office:
252 Dorset Road, Boronia 3155
03 9760 0000
Ph: 1300 VISION
(1300 847 466)
www.visionaustralia.org.au

Ringwood VIEW Club

The Ringwood View Club meets on the 2nd Wednesday of each month at Natalie's Restaurant, 669 Maroondah Hwy., Mitcham at 11 a.m. for lunch and guest speaker. Cost is \$25. View supports the Smith Family's Learning for Life program.

Glenys Toomey
Publicity Officer,
9733 1888 or 0421 722 789

Seniors Wellbeing Expo



Eastland Shopping Centre Thursday 23 October 2014 9 am to 4 pm

Another informative and exciting Seniors Wellbeing Expo is going to take place on Thursday 23 October 2014 at Eastland Shopping Centre 9 am to 4 pm.

Once again there will be a wide range of Exhibitors supplying information about services available to residents of Maroondah who are over the age of 65.

The Maroondah Mayor Councillor Les Willmott will officially open the Seniors Wellbeing Expo at 11 am.

We are very fortunate to have as our guest speaker this year Stephen Kernahan Carlton Football legend and current President of the Carlton Football Club. Stephen will make a rare public appearance at Maroondah Council's Seniors Wellbeing Expo, Centre Stage at 1pm.

There will be a wide variety of entertainment on the centre stage throughout the expo including line dancers, singers, fitness speakers etc.

Come along and find out all you can about the services offered to older residents of Maroondah.

We look forward to seeing you there on Thursday 23 October 9 am to 4 pm

Confused about your local Residential Care Options ?

How do you know when the time has come to make the move into an aged care home ?

What are the recent government changes to aged care and how will they affect my family ?

How difficult is it to get a placement in a quality local aged care home ?

How is the cost of care and accommodation calculated?

How can you support me? the application process is overwhelming and time consuming



Obligation Free Consultation
Aged Care Connect
Ph: **9879 0888**
or enquiry online at
www.agedcareconnect.com.au



Victorian Seniors Festival October 5th - 12th

Bush Nomads

Friendly walking group, moderate fitness level BYO lunch & sturdy shoes

Mon Oct 6th 9.30am-3.30pm. Free

Intro to Tai Chi

Improves muscle tone, strength, fitness, joint flexibility, balance & co-ordination.

Wed Oct 8th 12.15-1.15pm. Free

Craft Morning

Bring craft project along and share ideas and skills with others, Includes morning tea.

Tue Oct 7th 9.30-11.30am. Free

iPad Basics

BYO iPad - Covers basic settings, buttons, ports, navigation, email, Apple store apps.

Wed Oct 8th 9.30-11.30am. Free

please call North Ringwood Community House
9876 3421



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 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 Windows 8 Laptop course for beginners	Central Ringwood Community Centre Bedford Rd Ringwood		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	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	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
7:30pm	Cards/500. Croydon Life Activi- ties. Meets two Mondays each month	Croydon Library Glenn Frost Room		Gwen 9723- 4945 or Maxine 9735-4719
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
9:30am -12:00	Oil or Acrylic Painting	Central Ringwood Community Centre Bedford Rd Ringwood		Office 9870-2602
9:30 - 11:30	Line Dancing at Croydon Senior Citizens Club	222 Mt Dandenong Rd Croydon		Judy 9725-7667
12:30 - 3:30pm	Watercolours or Pastels	Central Ringwood Community Centre Bedford Rd Ringwood		Office 9870-2602
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	Jacque 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	\$1	9723 9543
1pm - 3:30pm	Tips & Tricks for Effective Writing	Central Ringwood Community Centre Bedford Rd Ringwood		Office 9870-2602
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 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

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, Snooker/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		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 \$13.00S eniors	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		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
10am - 12pm	FAB 50's Group – Social morning for women over 50. Guest speakers, craft activities and outings	NRCH 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
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		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
7pm - 9pm	Guitar for Beginners	Central Ringwood Community Centre Bedford Rd Ringwood		Office 9870-2602

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
9:30am -2pm	Croydon Men's Shed meets at Swinburne TAFE	Building CN5 Norton Road Croydon		Jim King 0418 343 034
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
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

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
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

EVERGREENS NORTH RINGWOOD SOCIAL GROUP BUS TRIPS

Leave the driving and parking to the professionals

October 17th Mystery Tour
November 14th Caribbean Gardens

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 lots of laughs type of day!!

Friends of Croydon



Edwina Ricci



John van Holsteyn

An exciting new alliance was launched at the Dorset Gardens Hotel on 12 August: the Friends of Croydon, an initiative of the Rotary Club of Croydon.

The aim of this collection of businesses, organisations and individual members is **to eradicate loneliness in our community**, especially as there are more and more people at risk of becoming lonely. The thirteen speakers suggested that loneliness often goes together with a low self-esteem, to a feeling of not belonging, and to a loss of love in life. There are no pills to cure loneliness, even when it leads to depression and ill health.

The Friends of Croydon want to raise the awareness of loneliness in our community, to inspire everyone to say hello to strangers so that they are strangers no more, to respect and value others, to build bridges, to inform, and to increase the overall wellbeing in our community. What can you do?

John van Holsteyn,
President of the Rotary Club of Croydon.
Phone: 0434 836 695
Email: president@rotarycroydon.org.au

Life Activities Club Croydon Golfers and Friends Bi-Annual Getaway



Yarrowonga/Mulwala Autumn getaway saw us book out the Capricorn and enjoy social happy hours every evening. Those non-golfers in the group took part in trips to the Homestead in outback NSW, and a visit to the Olive Grove.

The Spring getaway will see this large group off to Shepparton in early November for yet more golf, competition and sight-seeing. Whether you are a golfer or a tag a long we invite you to visit us at Croydon and join in many of the activities offering, make new friends and enlist in our mission to prove that *Life is indeed Better Together*. Phone: 9725 1578 or email: croydon@life.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**

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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