



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

Do you suffer from joint and muscle pain?

According to the Australian Institute of Health and Welfare (AIHW), approximately one third of Australians suffer from musculoskeletal conditions, making it the most common chronic condition in Australia. Musculoskeletal conditions are conditions that affect bones, muscles, tendons, ligaments, joints, cartilage, bursae and other connective tissue. The most common conditions are osteoarthritis, rheumatoid arthritis, Osteoporosis and back pain.

Osteopathy is a form of manual medicine that successfully treats a wide range of musculoskeletal complaints. One of the common questions an Osteopath is asked is, "How can I manage my pain?" Although every condition is treated differently, here are some general quick tips from your local Osteopaths at Maroondah Osteopathy and Sportscare.

Dr Jessica Chooi's advice is, "Keep Active". Exercise is important for strength, flexibility and balance. Research has shown that exercise not only reduces pain, it also increases functionality.

Dr Melissa O'Connor's tip is, "Manage your weight". Weight management plays a huge role in chronic musculoskeletal conditions, especially of the lower back, hips and knees. By managing your weight, you relieve some of the pressure on these joints, which in turn, decreases the amount of pain you experience. Managing your weight not only decreases your pain, it also improves your cardiovascular health.

Dr Megan Kenney's advice is, "See your local Osteopath". Osteopaths can assist in managing chronic musculoskeletal conditions by helping the body function at its best, using a number of different techniques such as stretching, massage and joint movements. Osteopaths aim to optimise your ability to self-manage your pain by giving advice, exercises and/or stretches.



For more information or any queries, please come and visit our friendly team at Maroondah Osteopathy and Sportscare at 13 Milne Place, North Ringwood 3134 or contact us on **(03) 9876 5815**.

Maroondah Seniors Week Jazz Concert

Sunday 14th October 2012- 2:00pm



THE OKeh JAZZ BAND

Is a traditional eight piece band with a four instrument front line and a four piece rhythm section. They play mainly music from the first half of the twentieth century that includes Jazz, Popular and Dance Tunes from that era.

Come along and enjoy the nostalgic journey as well as the sumptuous Devonshire tea in the wonderful setting of the function room at the Ringwood Bowls Club.

2pm - 4:30 pm
\$10 per head

Ringwood Bowls Club
2/12 Loughnan Road, Ringwood

Proceeds of our raffle to aid the

the
footmen
club



Tickets to be purchased prior through the following associations:

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

Supported by

Bakers Delight and **EASTLAND**
Shop 3 Ringwood Square

Proudly brought to you by

Maroondah
Healthy Ageing Network

The Evergreens



Are you spending less time at work? Looking for things to do on a Friday? Looking to join a group for fun, laughter and companionship? We just might be what you've been looking for. We are a group of seniors who get together for bus outings, usually on the third Friday of the month.

Called The Evergreens, we meet at Holy Spirit Church, 120 Oban Road, Ringwood North. Our outings for Spring are quite varied but should be most enjoyable. We make a charge of \$10.00 for the bus.

Sept 14th, Gardenworld, Braeside, a tremendous nursery which sells just about everything for the garden you could think of. Lunch will be in their café so the cost will only be what you buy.

Oct 12th, Mystery Tour, that's for me to know and you to find out, if you're game enough.

Nov 16th, Healesville Sanctuary, entrance \$20.20 Pensioner, \$23.50 Senior.

For any additional information, you can call Jean Smith on 9876 or Carole on 9893 1383.

WHATS ON CALENDAR for OVER 50s

TIME	MONDAYS	VENUE	COST	CONTACT
9.30 – 11.30am	Table Tennis at Croydon Senior Citizens Club	222 Mt. Dandenong Road, Croydon		Maureen 9876 5303
9.30 - 10.45am	Tai-Chi Advanced run by Ringwood U3A	125A Warrandyte Road Ringwood North		Office (9-12pm) 9879 2677
9:00 - 10:30am	Italian Language Classes - Beginners Ringwood U3A	125A Warrandyte Road Ringwood North		9879-2677 9-12 only
9:30- 11:00am	National Affairs Studies (2nd & 4th week) Ringwood U3A	125A Warrandyte Road Ringwood North		9879-2677 9-12 only
10:00 - 11:30am	Morning Coffee (3rd Mon) Eastern Ranges Retirees	Coffee off Course Ringwood Golf Course		Pat 9870 5508
10.15- 11.15am	Yoga at Croydon Leisure & Aquatic Ctre	11 Civic Square, Croydon	\$12.30 Phone cons	9294 5500
10:45 - 12.30pm	Moderate Exercise to Music run by Ringwood U3A	125A Warrandyte Road Ringwood North		9879-2677 9-12 only
11:00am- 1:30pm	Communion Service followed by light lunch Especially for frail elderly. 1 st Monday of the Month run by Church of Christ,	13 Bedford Rd, Ringwood	Free	Bruce Greig 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 & afternoon 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		Laurice 9879 4994
7:30pm	Cards. Run fortnightly by Croydon 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-2pm	We play klaverjassen and a game of rumme-cup Croydon Dutch Club	Keystone Hall, Civic Square, Croydon.	\$6 yrly, \$2/week	Connie 97627136
9.15 – 10.30am	Genealogy Studies (every 2 nd week) run by Ringwood U3A	125A Warrandyte Rd Ringwood North		Office (9-12pm) 9879 2677
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 8822 4408
10-12.30pm	The Brink- Social group. Craft and hot lunch. TLC Church	265 Canterbury Rd, Bayswater North	\$3/ week	Sue 9729 6555
12:00 - 1:00pm	Tap Dancing run by Enjoying Planned Retirement	East Ringwood Scout Hall, Mines Rd East Ringwood		Ruth 9726 7039
1:00pm	Indoor Bowls , Cards, Pool, at North Ringwood Senior Citizens	125A Warrandyte Rd Ringwood North		9723 9543
1pm-3.30pm	Carpet Bowls run by Ringwood Heritage Seniors	Federation Estate 32 Greenwood Av Ringwood	\$1	Shirley 9893 2323
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
3.30pm	Bocci 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	Rummeking Group, run by Life Activities Club Croydon . 2nd Tuesday each month	Private Homes		Edith 9725 1578
7:30pm	Table Tennis (Tue & Wed) run by EPR	125A Warrandyte Rd Ringwood North		Jim Davy 9876 1832

WHATS ON CALENDAR for OVER 50s

TIME	WEDNESDAYS	VENUE	COST	CONTACT
9.30am-2.00pm	Italian Seniors – (cards, bingo and some outings), Croydon Italian Senior Citizens Club	Croydon Tennis Club Croydon		Vincent 9726 7674
9am-12.00pm	Cycling Group run by Life Activities Club Croydon	Various. But mostly in Croydon	Free if member	Secretary 9725 2785
9.30 – 11.30am	Croydon Probus Club 2nd Wednesday each month	Keystone Hall, Civic Square, Croydon		Colleen 9876 3728
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
10:00am	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 8822 4408
1:30pm	Decorative Rubber Stamp- ing , 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
2.00 – 4.00pm	Archaeology, History & Earth Sciences run by Ringwood U3A	125A Warrandyte Rd Ringwood North		Office (9-12pm) 9879 2677
2pm	Garden Group , 2nd Wed/ month run by Eastern Ranges Retirees Inc.	Various Homes & trips to various locations		Faye 9728 3268
1:30pm-2:30pm	Circuit Easy Active 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	Widows and Widowers Support Group , (every 4th Wed of the month) Tea and Coffee provided	Glenn Frost Room Croydon Library	(Gold Coin)	Charlene 0402 229 764
7:30pm	Scrabble run by Life Activities Club Croydon	Private Homes		9723 2514

WHATS ON CALENDAR for OVER 50s

TIME	THURSDAYS	VENUE	COST	CONTACT
09.00am	Golf Group Meets each week at 9am Life Activities Club Croydon	Dorset Golf Club - Annual membership	9 Holes \$12 for Seniors	Jim: 9723 4945
09.30-11am	Walking Group . 1st, 3rd (when present 5th) Thu each month National Seniors Aust.	Various Locations		Judith 9726 5494
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		Pat 9870 5508
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
10.30 – 12pm	Music Appreciation 1 Classes run by Ringwood U3A	125A Warrandyte Road Ringwood North		Office (9-12) 9879 2677
10.30 - 11:30	A Silvers Club A casual, fun sports, & exercise program for older adults	Croydon Leisure Ctr 11 Civic Square Croydon	\$5.20 per session	Phone: 9294 5500
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	Shirley 9893 2323
1.30pm	Decorative Rubber Stamping 1st Thursday/ month Eastern Ranges Retirees Inc	Private Home, Bayswater North		Margaret 8711-3085
7:30pm	LACV Meeting 1st Thurs month, speakers tea & chat Croydon Life Activities Club.	Dorset Gardens Complex Croydon		Secretary 9725 2785
7:30pm	Indoor Bowls 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	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
mornings	Computer & Family History classes Free to Eastern Ranges Retirees members	Swinburne University Lilydale		Pat 9870 5508
10am-11.30am	Companion Club social group run by Ringwood Salvos	Cnr City and Wantirna Roads, Ringwood	\$2	Sharni 9870 0720
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, 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.	Cost varies	Bruce 9870 8169
2pm	Military History Group , bi-monthly. Croydon Library.	Croydon Library 5 Civic Square Croydon.	Free	Alan 9294 5640
TIME	SATURDAYS	VENUE	COST	CONTACT
10:00am	Bird Watching LAC Croydon 4th Saturday Each Month	Various		Allan 9870 2271
10.00.-noon	Come and Try Croquet , free tuition every Saturday and Tuesday	Gardini Crescent Ringwood (beside tennis courts)		Lorraine 9870 1006
11.00am – 3pm	Walking Group (2nd Sat monthly) by Life Activities Club Croydon	Various locations		Secretary 9725 2785
11:30am	Pilates Classes run by Croydon Leisure & Aquatic Cntr	11 Civic Square Croydon		9294 5500
1pm-3pm	Fun game of Bingo run by Ringwood Heritage Seniors	Federation Estate Greenwood Ave Ringwood	\$2	Shirley 9893 2323
7:30pm	Dance 1st & 5th Sat of the Month North Ringwood Senior Citizens	125A Warrandyte Road Ringwood North		Doreen 9723 9543

WHATS ON CALENDAR for OVER 50s

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	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

10th OCTOBER 2012
BACK BY POPULAR DEMAND

Dance to the wicked music of Dr Rock

The Heidelberg Allstars

*Anna Lumb
Star of Europe's
Jazz music circuit*

**Ladies & Gentlemen,
step right up**

★

Join us for Melbourne's
Greatest Seniors' Variety Show

7.00 to 9.45PM. Doors open 6.30pm
Wednesday 10 October 2012 @ Melbourne Town Hall.

Price \$25
Bookings www.trybooking.com/BNRK
or call 9650 6144

Hosted by Life Activities Clubs Victoria
& National Seniors Australia.

For more information contact:
Life Activities Clubs: 9662 2930
National Seniors Australia: 9650 6144

Alternatively, visit www.life.org.au or
email vic.events@nationalseniors.com.au
or events@life.org.au

Profits will be donated to a senior related charity

*Agency Aunt
comedian
Denise Scott*

*VoiceBox
Melbourne's own
cappella
'Beach Boys'*

*Magician
Cath Jamison
(Australia's leading
female magician)*

Variety Concert
10th October 2012
Melbourne Town Hall
(see left)

For Bookings Phone
9650-6144 or
www.trybooking.com/BNRK

**Maroondah Council
Seniors Wellbeing
Expo**

**Eastland Shopping
Centre**

**Monday October
29th
9:00am to 5:00pm**



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

Why not Try Croquet?

The Ringwood Croquet Club is part of the Jubilee Park Sporting Precinct and offers both social and competitive croquet.

They offer free tuition on Saturdays and Tuesdays. Saturday is traditional competition croquet and Sunday is fun *golf croquet*.



Saturday 10am to midday - Contact Lorraine 9870 1006
 Sunday 1pm to 3pm - Contact Ray 9801 1976

Come along and Try it out!

Broadband for Seniors at North Ringwood Community House Internet Kiosk- free internet access & tuition

Broadband for Seniors internet kiosk features a computer with broadband access for use by older members of our local community. Training is available, so beginners are very welcome. Discover how the web can play a great part in helping you stay in touch with friends and family, along with offering access to the wealth of information available online. Please contact us on 9876 3421 to book an appointment.

Tuition available: Wednesdays & Fridays by appointment.

BROADBAND FOR SENIORS

Funded by the Australian Government

Come and Meet the Candidates

Seniors are probably the largest consumers of council services; we spend more time in the locality and use more of the facilities. Services such as Home and Community Care are delivered through local government. So we owe it to ourselves to elect the best possible councillors. To help you know who you are voting for; the Maroondah Healthy Ageing Network is arranging "Meet the Candidates" sessions before the coming council election. It is your chance to hear, meet and question the people you have to choose between.

Wyreena Ward

Tuesday 2nd October 2012
5:30pm to 7:00pm
Croydon RSL
1 Civic Square
Croydon

Mullum & Arrabri Wards

Thursday 4th October 2012
5:30pm to 7:00pm
Ringwood RSL
Station Street
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