



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



Maroondah
Healthy Ageing Network

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

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.

We meet at Holy Spirit Church, 120 Oban Road, North Ringwood, and the bus picks us up on Oban Road, about 9.15 am. The charge is only \$5.00, so that's cheaper than petrol and parking.

Our first outing for 2015 is actually a Thursday, **February 12th to Flemington Racecourse**. The cost is \$22.00 for a tour and lunch so good value.

On **April 17th** there is a guided tour of the **Tennis Centre** for \$12.00. We will, probably go to a pub that has Seniors' meals for lunch afterward. That will be at your own expense.

May 15th will be a guided tour of the **Shrine of Remembrance**. There is no cost for tours and lunch is usually available somewhere in the Botanic Garden across from the Shrine.

The charge for the bus of \$5.00 is in addition to the costs of tours and lunch.

We generally arrive back in North Ringwood between 2.30 and 3.00 pm so it is not an extremely long day.

For further information, you can call Barbara on 9722 9846 or Shirley on 9870 1396.

The **Eastland Shuttle Bus** will provide extra assistance to those travelling with mobility aids getting to and from Eastland and Ringwood Train Station.

FREE EASTLAND
SHUTTLE BUS



When: Monday to Friday
Times: 10am to 3pm, every 20minutes

More ▶

The drop off and pick up points are:
1. Ringwood Train Station on Maroondah Highway.
2. Warrandyte Road, near Coles Promenade
3. The Woolworths/ Nextra Newsagency entrance

EASTERN RANGES RETIREES INC. a FRIENDLY GROUP



The Eastern Ranges Retirees is an Incorporated Group of Fifties Plus People who wish to continue an interesting and active life style in a sociable atmosphere.

We have a social meeting once a month (on the 4th Thursday at 9.30 a.m.) at Federation Estate, 32 Greenwood Avenue, Ringwood (Melway 49H10) Our monthly meeting usually features an interesting speaker , with special functions at mid-year and Christmas. There is a small cost each meeting to cover morning tea, coffee and biscuits and a door prize. We look forward to welcoming you to visit or join. Our annual membership is \$14 single or \$20 couples.

Special interest sub-groups include a computer class, family history, garden visits, monthly book club, games, music afternoons, theatre, golf, 10-pin bowling, card making and others and we are always open to starting another interest group. Most events are held in member's homes. Some groups are only 4 and others quite large. A monthly newsletter called ERRI NEWS keeps members informed of what's happening.

Above all, ERRI is a friendly group, so don't be shy or nervous, call one of the members listed below or just arrive at our meeting. PAT: 9870 5508, BRIGITTE: 9723 3103, JOHN: 9761 5023

Age Friendly Maroondah



Members of Croydon U3A performing at the Maroondah Seniors Wellbeing Expo

As you are probably aware, the Maroondah City Council is rolling out its Active and Healthy Ageing Initiative; Council's blueprint to prepare for an ageing population. The Maroondah Photographic Society is contributing by capturing images, like the one above, of age-friendly initiatives in Maroondah and providing them to council to be used in relation to this initiative.

So if you see our photographers around please co-operate with them and if you are aware of an activity or physical feature in Maroondah that you think would be appropriate please let me know and I will send some photographers.

This might also be an opportunity to get some talented photographers to take some publicity photos for your club or community centre.

Peter Feeny
Maroondah Photographic Society
www.mpsociety.org.au
ph: 9879-0622



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		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
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 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 - 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
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		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
12:30 - 3:30pm	Watercolours or Pastels	Central Ringwood Community Centre Bedford Rd Ringwood		Office 9870-2602
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 - 3:30pm	Carpet Bowls at Croydon Senior Citizens Club	222 Mt Dandenong Rd Croydon		9723 2097
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
9.30 - 11:30	Learn to Line Dance at Croydon Senior Citizens	222 Mt. Dandenong Road, Croydon		9723 2097
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/Scrabble at Croydon Senior Citizens Club	222 Mt. Dandenong Road, Croydon		9723 2097
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 \$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
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		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 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
9.30 - 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

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

Getting an IPAD for Christmas?

DIGITAL SENIORS

Workshops designed for Senior Australians to increase skills and confidence in digital literacy. You will need to bring your own iPad or tablet and the price of all workshops is a gold coin donation. To book please contact the North Ringwood Community House on 98763421.



Classes will be held in 2015 at our new location – 35 Tortice Drive Ringwood North 3134.



Career Prospecting Women 45+

Are you a woman over 45 years of age who is working in a job you no longer enjoy?

Has your job now become just something you do to pay the endless bills?

Would you like a career change but don't know how to go about it?

Do you feel that your age is preventing you from doing what you really want to do in life?

Have you considered starting a new business but don't know where to begin?

If so, you are not alone!

In this practical 7 week program, you will explore and discover your skills and passions to assist you in uncovering a more suitable job, designing a new career or beginning a new business venture by:

- Rediscovering your professional passion
- Uncovering your core values to create a career plan
- Discovering how to transfer your unique skills and talents
- Exploring and increasing your awareness of the opportunities that are available to you.

A number of priority placements are available for eligible residents of Maroondah with limited exceptions for participants currently working in the area.

each
social and community health

main office
building 2, 254 canterbury road bayswater vic 3153
t 1300 00 EACH (1300 00 3224)
f 03 9876 0100
e info@each.com.au each.com.au

Your commitment to yourself is 2 hours every 2 weeks commencing Thursday 5 February 2015.

Time: 7.30pm – 9.30pm

Location: Maroondah City Council Service Centre
Braeside Avenue
Ringwood VIC

Cost: \$99.00 (inc. GST)

Max. No.: 15 participants
(first in best dressed)

To register your interest, please contact Sharon from EACH on 03 9735 7900



EACH gratefully acknowledges the support of Maroondah City Council



Relocation of the North Ringwood Community House to 35 Tortice Drive Ringwood North.

Yes! We are moving in to our new location on 15th January 2015 and classes will recommence on 27th January.

Whilst the House at 120 Oban Road served us well for forty years, we now have the opportunity to increase our services. I would like to acknowledge and thank the Holy Spirit Parish and School for supporting the Community House since we opened in 1975, when we provided playgroups for local mothers. We have grown enormously over the years and now offer accredited training alongside our traditional programs and support to the local community.

The new House at 35 Tortice Drive is a lovely building and our thanks to Maroondah City Council for the refurbishment of the administration building of the former Parkwood Secondary College. Many people have been involved in the relocation of the Community House and I thank them all for their support, especially the MCC Councillors and Ryan Smith MP.

The House will share the site with Ringwood Men's Shed and possibly other community groups and we look forward to working with them to bring new services to our local community. Please call in and visit us.

Sue McDermott
Manager Ph: 03 9876 3421



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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