

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

Advice For Maroondah Seniors



The Perfect Recycling Bin

Sometimes what can and can't be recycled can be confusing.

So here are tips that may be helpful for almost perfect recycling:

- ◆ Don't put your recycling in plastic bags because the whole bag is sent to landfill. Place your recycling in the wheelie bin loosely. Plastic bags can be taken to your local super-market for recycling.
- ◆ Keep lids on jars and plastic bottles. If they are left off they can fall through the recycling machinery and end up in landfill.
- ◆ Plastic with the numbers 1-7 can be recycled. Soft plastics (those that are easily scrunched) such as chip packets, biscuit trays and cling wrap can't be recycled, as they can cause blockages of plant machinery.

Brought to you by Maroondah City Council's Strategic Planning & Sustainability Department

****MYTHBUSTERS****



MYTH: *That Direct 2 Care is all about putting people in care!*

FACT: The truth of the matter is, Direct2Care is a free information service that can give you advice about the local aged care services you might need to help you stay in your home and then put you in contact with them. Those services could include anything from home help and meals-on-wheels to physio and respite. Direct 2 Care is staffed by experienced support staff who will talk with you one-to-one and help work out what's right for you. If in doubt just call 1300 121 121.

News For Maroondah Seniors

CLOCKTOWER DAY CLUB.

The Clocktower Day club was inaugurated five years ago under the auspices of Veteran Affairs and the Victorian R S L. The first Coordinator was Roma Anderson and the current Coordinator is Tony Smith. The clubs function is to alleviate social isolation and to provide interest and entertainment for senior citizens and indeed anyone else in the community who wishes to join a social group.

Activities include day trips by bus, games, entertainers and guest speakers. We meet first, second and fourth Friday each month. The third Friday is usually an out of club social lunch or a day bus trip. The Friday sessions go from 10 am to 12 noon.

If you are up for a bit of a laugh and a bit of a gossip, join us in the VC room of the Ringwood R S L club on the above mentioned days. There is no joining fee and the only cost is two dollars as you enter To help pay for our raffle items. There is a raffle each meeting.

Enquiries..Coordinator..Tony Smith on 97294282
Secretary..Norma Jenkins on 98707426



The Evergreens Social Group

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

Aug 12th Immigration Museum
Sept 16th Ballam Park Homestead—Frankston

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



LIFE ACTIVITIES CLUB CROYDON

Over 50, retired, or planning retirement?

This friendly group of people offers social support and activities for couples and singles.

We meet monthly at the RSL Ringwood, where we are entertained by various guest speakers, enjoy tea/coffee, and a chat and find out about all the great activities our hard working convenors have planned for the coming month.

Our regular activities include:

- ◆ Golf
- ◆ Dine outs
- ◆ Cards
- ◆ Scrabble
- ◆ Rummeking
- ◆ Out and About day visits to various locations
- ◆ Excursions away
- ◆ Karrylyka Theatre productions
- ◆ Movietime at home
- ◆ Music at home
- ◆ Cycling
- ◆ Walking
- ◆ Bird watching
- ◆ Picnics

Come and check us out. If you have ideas for other activities we can add to our list, even better. If you need help with transport, one of our members living nearby may be able to assist. If you join the RSL as a community member you may be able to use their community bus to attend meetings.

As the RSL has an excellent bistro, some of our members meet there for a meal before the meetings.

Want to know more?? Ring our club secretary, Morris on 9726 6424, or our membership secretary, Allan on 9870 2271.

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 Ring- wood 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 run by Eastern Ranges Retirees	Coffee off Course Ringwood Golf Course		Pat 9870 5508
10.15- 11.15am	Yoga at Croydon Leisure & Aquatic Ctr	11 Civic Square, Croydon	\$11.90 cons	Phone 9294 5500
11am - 1.30pm	Communion Service followed by light lunch Especially for frail elderly. 1 st Monday/Month run by Church of Christ	13 Bedford Road Ringwood	Free	Bruce 9870 8169
11.30am	Lite Pace exercise classes , at Croydon Leisure & Aquatic Ctr	11 Civic Square Croydon	\$11.90 cons	Phone 9294 5500
10:00am- 12:00pm	Trauma Bear Finishing Group Ringwood Church of Christ 3rd Monday of the Month	20 Pitt Street Ringwood		Bruce Greig 9870 8169
4:00pm	EPR Choir Rehearsal newcomers welcome	125A Warrandyte Road Ringwood North		EPR PO Box 3220 Nth Ringwood
1:00pm- 4:00pm	Snooker/Pool, Table Tennis Afternoon Tea North Ringwood Senior Citizens	Norwood Reserve Warrandyte Road Ringwood North	\$1	Ray 9723 7889
1.30pm	Musical Afternoon run by Life Activities Club Croydon	Various locations ;	Annual \$20	Secretary: 9726 6424
2:00pm	National Seniors Australia 1st Monday of month Speaker & af- ternoon tea	Ringwood RSL Station Street Ringwood	\$4	Helen 9879-4058
7:30pm	Cards. Run fortnightly by Croy- don 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 various card games, bingo, scrabble and more 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	Kelly 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		
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	Rummekin Group , run by Life Activities Club Croydon . 2nd Tuesday each month	Private Homes		Pat 9870-5508
7.30pm	Scrabble Group (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	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 9726 6424
9.30 – 11.30am	Australian History Classes run by Ringwood U3A	125A Warrandyte Rd Ringwood North		Office (9-12pm) 9879 2677
1pm	Table Tennis, Pool at North Ringwood Senior Citizens	Norwood Reserve Warrandyte Rd North Ringwood	\$1	Phil 9726 6443
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	Kelly 8822 4408
12:30 - 2:30pm	Glen Park Connections - social group 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	Rummeking Last Wed of month by Croydon Life Activities.	Private home Croydon		Secretary 9726-6424
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 East Active on Mon/Wed run by Croydon Leisure Centre in conjunction with EACH	Croydon Leisure Centre, Civic Square Croydon	\$6	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
7:30	Table Tennis (Tue & Wed) Run by EPR	125A Warrandyte Rd Ringwood North		Jim 9876 1832

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 \$24 for Seniors	Secretary: 9726 6424
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 Community Centre	78-86 Croydon Hills Drive, Croydon Hills	\$5 yearly & \$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
9:30 am - 11:00am	Tai Chi 2 Classes run by Ringwood U3A	125A Warrandyte Road Ringwood North		Office (9-12) 9879 2677
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 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	Club Social Meeting 1st Thurs/month, speakers tea & chat Croydon Life Activities Club.	Ringwood RSL		Secretary 9726-6424
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		Tony Smith 9729-4284
mornings	Family History group - run by Eastern Ranges Retirees - 1st, 3rd, & 4th Fridays each month	Swinburne TAFE Lilydale AWTC		Pat 9870 5508
10am-11.30am	Companion Club social group run by Ringwood Salvos	Cnr City and Wantirna Roads, Ringwood	\$2	Grace 9870 0720
10am-12pm	Dancing (old time & new vogue), at Croydon Senior Citizens Club	222 Mt Dandenong Road, Croydon		Mary 9762 2578
10am-12pm	Social Meeting. 1 st 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	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. 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	Performing Arts (1 st & 3 rd 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 Croydon Leisure & Aquatic Cntr	11 Civic Square Croydon	\$10.50	9294 5500
11.00am – 3pm	Walking Group (2nd Sat monthly) by Life Activities Club Croydon	Various locations	\$20 yrlly	Secretary 9726 6424
TIME	SUNDAYS	VENUE	COST	CONTACT
12noon	Dine out group, 3 rd Sunday/month By Life Activities Club Croydon	Various local venues		Secretary 9726 6424
1pm-3pm	Nu-Vogue Dance, fortnightly at North Ringwood Senior Citizens	Norwood Reserve Warrandyte Road	\$2	Joy 9878-8084
2:00pm	Musical Appreciation Group 3rd Sunday/month. Eastern Ranges Retirees Inc	Various homes		Pat 9870 5508



MAROONDAH POLICE
SENIORS REGISTER
Safe and Confident Living

In recent times police have had concerns with the senior members in the community withdrawing large amounts of cash on pension day. The Bendigo Community Bank Ringwood has been invited to provide an information afternoon on safer alternatives of conducting your banking affairs to reduce the potential of becoming a victim of crime. Topics are -

- direct debit,
- telephone banking
- electronic (internet banking)
- alleviating fears and,
- a question and answer time

As this session is open to all the Maroondah senior community numbers are limited and bookings are essential.

Please contact Maroondah Police Seniors Register for a booking on 9724 0177 between 9:00am and 12:00pm Monday to Friday.

Where: Croydon RSL, 1 Civic Square, Croydon Vic 3136

When: Tuesday 28th June, 2010 at 1:30 pm.

Please come along Tea/Coffee provided.

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

RETIRED FROM EARNING... ...BUT NOT FROM LEARNING

RINGWOOD & CROYDON UNIVERSITIES of the THIRD AGE

Offer a wide range of over 60 courses from music, histories, arts, computers, crafts and physical activities.

Membership for both is a modest \$35 per year and that allows you to participate in as many classes you can fit in!

Why not share in it?

For a full list call into our offices on week days during school terms

Ringwood U3A
Norwood Reserve,
9879 2677
9am - 12noon



Croydon U3A
Keystone Hall,
9724 9544
10am - 12.30pm



As Australia's leading providers of allied health services to aged care facilities, AHP through Inala Day Therapy Centre (DTC) are proud to extend our services to senior citizens in our local community.

Conveniently located within the Inala Village in Blackburn South, our services can be accessed by all seniors in the community.

Our Physiotherapists are experts in treating conditions or injuries that affect physical function and are able to help you gain as much movement and physical independence as possible. All of our interventions are based on research evidence and we use a range of drug-free techniques to relieve pain, restore function and movement, and prevent further problems.

We offer individual appointments for \$6 per session and group classes for \$3 per session.

For more information, please feel free to contact the centre on 9895 5658.

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



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