



Chatter box

- ⇒ Information
- ⇒ Education
- ⇒ Entertainment
- ⇒ Outings
- ⇒ Exercise
- ⇒ Challenges
- ⇒ Companionship

- **Everything** for Seniors and the Over 50's

News For Maroondah Seniors



UnitingCare Community Options

If you are an older person and need assistance, or care for an older person who lives at home but struggles with some of their day-to-day tasks, we can help.

UnitingCare Community Options is a not-for-profit organisation that has been assisting individuals and families in Melbourne's east since 1987 and today works with nearly 4000 older people, people with disabilities and those who care for them each year.

We provide a broad selection of services, ranging from information provision through to respite brokerage/coordination and some immediate home-care services. If you or someone you know is finding it difficult to manage their day-to-day household activities at home due to ill health or mobility issues, we can make a full needs assessment and help facilitate a longer-term funding package.

We also offer assistance to those who provide unpaid care and support to a family member or friend with a disability, mental health issue, chronic condition, terminal illness or who may be frail-aged. Through our Commonwealth Respite and Carelink Centre, we can provide subsidised or fully-funded emergency respite (including some after-hours support), planning and funding support, subsidised short-term respite and information about other support programs in your local area.

At UnitingCare Community Options, we work with you to help you get the assistance you need to remain living in your community and pursuing your dreams and goals. Our services focus on your individual strengths and abilities to help you imagine the life you want and then work towards getting you there.

For more information please contact UnitingCare Community Options:

Telephone: (03) 9239 2500

Facsimile: (03) 9239 2522

Email: info@ucco.org.au

News For Maroondah Seniors

Maroondah Planned Activity Group

Maroondah City Council's Planned Activity Group, historically known as "Kerrabee", has been in operation since 1988 and offers a safe and secure environment to consumers attending the program. The program operates Monday to Friday from 10.30am through to 2.30pm and provides a planned program of activities directed at enhancing the skills required for daily living, and also providing physical, intellectual, emotional; and social stimulation to consumers participating in the program.



in

Our planned activity group also offers a Men's shed that provides a safe and happy environment where men are welcome to work a project of their choice in their own time and where the only 'must' is to observe safe working practices. All in a spirit of mateship. Because men don't make a fuss about their problems the Men's Shed is one of the most powerful tools we have in helping men to once again become valued and valuable members of our community.

Consumers can organise to be picked up and dropped off in the centres air conditioned Bus or organise their own transport. Kerrabee offers a quiet spacious setting and peaceful gardens, which consumers of the programs help maintain. The staff are warm and friendly and are there to encourage and support consumers to meet and socialise with other people.

A monthly program is developed by trained staff and in consultation with the consumers offers activities such as: word games, quizzes, board games, arts and craft, Speakers, Entertainers and monthly outings. Consumers are referred to the Planned activity Group in a number of ways: self referral, family/carer, community, government or health agencies and contact Maroondah City Council's Aged and Disability Services Intake officer on 9294-5729 .

Eastern Ranges Retirees



ERRI members leaving Maldon after a recent wonderful 3 day trip.

For more information about ERRI contact Pat Smith 9870-5508

Maroondah Brits

On June 6th. The Maroondah Brits. with guests, celebrated H.M. Queen Elizabeth's Jubilee at The Chapel Cafe, Lilydale with an afternoon tea party. Included was a treasure hunt using a map of Britain, a musical quiz with all British artists and a lucky door prize. The champagne toasts to H.M. and Australia were presented by Maroondah Councillor Ann Fraser and RAFA representative Mr. Michael Adams. 42 people were in attendance and all joined in at the conclusion of the afternoons enjoyment in singing along with Vera Lynn, Rose of England.



For more information about the Maroondah Brits please contact Cynthia Hammond 9870 7982

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	Various locations		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		Pat 9870-5508
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	CON-TACT
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
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 - 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 229764
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.	Ringwood RSL		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		Tony Smith 9729-4284
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
10.30.-11.30am	Young at Heart Aqua classes, by Croydon Leisure & Aquatic Cntr	11 Civic Square Croydon	\$11.20 class	9294 5500
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 Appreciation Group 3rd Sunday/month - ERRI	Various homes		Pat 9870 5508

**CROYDON U3A**

(University of the Third Age)

FOR THE AGING & RETIRED

We conduct around 80 classes for members including : Several Computer classes, furniture restoration, languages, dancing, choir, card & board games, drawing, craft, outdoor activities, swimming, table tennis etc.

NEW MEMBERS WARMLY WELCOMED

For a full list of classes, call into our office weekdays between 10am & 12.30pm

KEYSTONE HALL COMPLEX,

1 Civic Square, CROYDON

Ph: 9724 9544

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

Stay warm for less this winter

During the cooler months you can do some simple things to lower your household heating and energy costs. Try reducing your energy use by:

- * Air drying clothes instead of using a clothes dryer (e.g. use a clothes horse)
- * Making sure TVs, stereos, DVD, chargers (pictured right) and micro-waves are switched off at the wall when not being used
- * Make or buy a door snake to put under draughty doors. You could even just use a rolled up towel
- * Seal any gaps around windows and doors
- * If you have a ceiling fan, set it to the winter clockwise setting as this will push hot air downwards into the room

The price on carbon will increase the cost of some goods and services such as energy. Some households will be helped to deal with these costs through tax cuts and higher allowances. There are websites to help you understand the assistance you might receive, give you an idea of the increased costs as well as cost savings you can make by following a few simple actions. For example, a saving of \$80 per year could be made just by reducing stand-by power use.

Visit www.yourcarbonprice.com.au or www.cleanenergyfuture.gov.au

This article is brought to you by the Integrated Planning Department at Maroon-dah City Council



Ringwood U3A

University of the Third Age

Learn for pleasure.

Discover your creative side in a friendly environment.

U3A at Ringwood caters for people over 50 not in full employment.

We have 30 classes on offer like computers, creative writing, play reading, performance, poetry, Shi-Ba-Shi, Tai-Chi, table tennis, genealogy, languages, natural sciences and ancient history, cryptic crosswords, line dancing and international affairs.

Classes are at 125A Warrandyte Road, North Ringwood. (Melway p.49 J5).
Details: 9879 2677 (office hours 9-12 noon) during school term.

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