



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

Are you at risk of low vitamin D?



The sun's ultraviolet (UV) radiation is the major cause of skin cancer and the best source of vitamin D; essential for strong bones and overall health.

With the colder weather approaching in Victoria, it is important to take a balanced UV approach to help with vitamin D levels while minimising the risk of skin cancer.

From May to August UV levels are generally below 3 all day, and sun protection is not required unless near highly reflective surfaces such as snow, outside for extended periods or when the UV reaches 3 and above. During this time, most of us need about 2-3 hours of midday winter sun exposure to the face, arms and hands (or equivalent area) spread over each week to help with vitamin D.

In Victoria, from September to April UV levels are high for much of the day and most of us need only a few minutes a day of mid-morning or mid-afternoon sun exposure to the face, arms and hands (or equivalent area) to help with vitamin D levels. Be extra cautious in the middle of the day when UV levels are most intense. People with naturally very dark skin may need 3-6 times this amount.

Sun exposure alone may not be a sufficient source of vitamin D for some sections of the population, such as people with naturally very dark skin and individuals who receive little or no sun exposure over a typical week. If concerned, visit your GP. Levels can be tested with a simple blood test and low levels can be treated with supplements.

For more information, visit sunsmart.com.au.

EVERGREENS SOCIAL GROUP -- BUS TRIPS

Leave the driving and parking to professionals. Just come and enjoy yourselves.

Friday, **September 13th**, Alwyn Gardens

Friday, **October 11th**, Mystery Tour

Friday, **November 15th**, Werribee Park Zoo

There is a \$10.00 charge for the bus.

Contact Carole on 9893 1383 for more info or to book.

World Elder Abuse Awareness Day

Most people are not aware that elder abuse is a growing issue around the world. Did you also know that the number of people over the age of 60 in Victoria is set to double by 2050, and that the number of people with dementia is set to triple? This is not good news for elder abuse, as we know from research that the incidence of elder abuse increases with both age and dementia.



So what is elder abuse? It is any act which causes harm to an older person, caused by someone they know or trust (such as family members, carers or friends). There are many forms of elder abuse, including:

- ◇ physical abuse (hitting, pushing, rough treatment etc)
- ◇ emotional abuse (verbal threats, put-downs, being ignored etc)
- ◇ financial abuse (taking money or assets without consent, being forced or tricked into signing wills or financial documents etc)
- ◇ social abuse (denial of contact with friends or social outings, isolation etc)
- ◇ neglect (lack of medical or physical care, ignoring basic needs such as proper nutrition or clothing etc)

Not all elder abuse is deliberate. Sometimes good intentions can simply “go wrong”. Take the granny flat case for example. Nan is struggling to live alone and is persuaded to sell up the family home to finance a granny flat or extension at her daughter’s home. All is well, until Nan’s health begins to fail and the daughter can no longer provide the right care. Trouble is, the funding needed to move nan into an aged care facility is now tied up in the daughter’s home. Carer stress starts to become an issue and Nan’s care is compromised by the situation. Relationships break down and Nan is made to feel like a burden.

Other cases of elder abuse can be more deliberate and extreme, and many people would be shocked by the statistics. This is why there is now a World Elder Abuse Awareness Day on June 15 each year to help raise awareness of the problem and encourage people to seek help, either for themselves or for older people they know and care about.



The international colour for the day is PURPLE – so wear purple on June 15 and talk about why so that you can help make a difference.

(If you know someone might be a victim of elder abuse, you can phone the Eastern Community Legal Centre’s Elder Abuse program (9762 6235) or Seniors Rights Victoria (1300 368 821).

Experience the revamped Karralyka Centre !

The Karralyka Centre is being upgraded and we are very pleased to announce that, having listened to feedback from many of our visitors, **a lift will be installed at Karralyka**. This will enable easy access to the venue for visitors of all ages and all physical abilities.

The car park has been upgraded to include asphalt surfacing so parking will be a breeze.

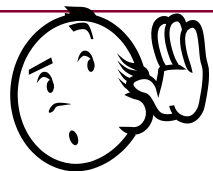
Theatre and morning music patrons will notice a big improvement in their theatre experience now that **the lighting and sound systems at Karralyka Theatre have been upgraded**.

Come and be thrilled by these upgrades and experience Opera Australia's **Oz Opera's Don Giovanni**. This stylishly seductive Mozart classic is sung in English and performed with Oz Opera's Chamber Orchestra. Canberra City News described the opera as: "This classy production is set to bring a great deal of joy and pleasure to a great many people." For further information: www.karralyka.com.au



Hearing Impaired?

If you are unable to phone any of the contacts on our calendar send an email to peter@innsys.com.au and tell me what you are interested in and I will arrange for the group concerned to contact you by email.



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
9.30 - 10.45am	Tai-Chi Advanced run by Ring- wood U3A	125A Warrandyte Road Ringwood North		Office (9-12pm) 9879 2677
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	25 Fletcher Road, Chirnside Park		Erika 9762 2186
11:00am - 12.30pm	Trauma Bears 4th Monday Complete knitted bears for the Red Cross needy children	Church of Christ 13 Bedford Rd, Ringwood		Libby Murray 9870 8169
11:00am- 1:30pm	Communion Service followed by light lunch Especially for frail eld- erly. 1 st Monday of the Month run by Church of Christ,	13 Bedford Rd, Ringwood	Free	Libby Murray 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 & af- ternoon 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		Wendy Rice 9870 0068
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 - 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
9.15 – 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 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		9723 9543
1.30 - 3.00pm	A Silvers Club - A casual, fun sport& exercise program for older adults	Croydon Leisure & Aquatic Centre, Civic Square, Croydon	\$5.20 session	9294 5500
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, relaxing exercise to improve strength, flexibility, balance and helps maintain 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
7:00am	Golf at Dorset Public Golf Course organised by ERRI	Trawalla Rd Croydon		Steve 9726 6887
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	Mem- bers Free	Secretary 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 Out-ings 1st Wed of Month	St James Anglican Church, 21 Bemboka Rd, Croydon Hills		Julie 9812-2544
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
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 Stamp- ing , 2nd Wed / month by Eastern Private Home Ranges Retirees Inc.			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		Marianne 9723 5088
2pm	Garden Group , 2nd Wed/ month run by Eastern Ranges Retirees Inc.	Various Homes & trips to various locations		Faye 9728 3268
2pm	Scrabble run by Life Activities Club Croydon 2nd Wed each month	Private Home		9725 5966
7pm - 8.30pm	Widows and Widowers Sup- port 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 9am Life Activities Club Croydon	Dorset Golf Club - Annual membership	9 Holes \$12.50 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
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		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
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	Della 9870-9403
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
8.00 – 9.00pm	Living Longer Living Stronger Strength Training	Yarrunga Comm. Ctr. 76-86 Croydon Hills Dr Croydon Hills		Office 9722 8942 9-3pm Mon-Fri

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
10.00-12.15pm	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
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-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.	\$20	Libby Murray 9870 8169
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
10:00am	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		Lorraine 9870 1006
11.am – 3pm	Walking Group (2nd Sat monthly) by Life Activities Club Croydon	Various locations		Secretary 9725 2785
10am - 2pm	Croydon Men's Shed meets at Monkami	Cnr Lincoln & Dorset Roads Croydon		Jim King 0418 343 034
1pm 3pm	Fun game of Bingo run by Ring- wood Heritage Seniors	Federation Estate Greenwood Ave	\$2	Shirley 9893 2323
7:30pm	Dance 1st & 5th Sat of the Month North Ringwood Senior Citizens	125A Warrandyte Rd Ringwood North		Doreen 9723 9543
TIME	SUNDAYS	VENUE	COST	CONTACT
11:30am	Pilates classes , run by Croydon Leisure & Aquatic Centre	11 Civic Square, Croydon		Phone: 9294 5500
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

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

National Seniors Australia

The Maroondah-Ringwood branch of National Seniors Australia meets at 2pm on the first Monday of each month at the Ringwood RSL. It offers interesting speakers, walking groups, dine-out groups and a range of other social activities.

However National Seniors Australia is much more than the activities of its branches. It is Australia's largest organization representing those aged 50 and over. As well as highly successful advocacy programs it provides a wide range of discounts and services, publishes a very successful magazine, provides donations and support to aid charities supporting seniors and here in Melbourne runs a Productive Ageing Centre conducting research into issues and problems impacting upon this age group.



For more information about National Seniors Australia visit phone 1300 76 50 50 or visit www.nationalseniors.com.au. To learn more about our local branch phone Helen 9879-4058 or visit www.seniorsmaroondah.com.

This Winter Get Fit with a range of fitness programs at:-

Arrabri Community House

42 Allamban Drive
Bayswater North
Ph 9294 7530
www.arrabri.org

Or

Yarrunga Community Centre

76-86 Croydon Hills Drive
Croydon Hills 3136
Ph 9722 8942
www.yarrunga.org.au

Computer Classes.

Arrabri Community House provides computer training for all abilities from beginners to advanced every term.

New: choose and use a tablet computer.

Arrabri Community House

42 Allamban Drive
Bayswater North
Ph 9294 7530
www.arrabri.org

Energy saving program now offers downlights

The 'Live Green With Less' initiative is a joint project between Maroondah, other Councils from the eastern region and Low Energy Supplies and Services (LESS), to assist residents and businesses to reduce their energy use.

For households

Free products with minimal installation cost include, the new energy monitor, draught-sealing products, rebates for energy efficient TVs, standby power controllers, energy saving light bulbs and water saving showerheads.

In addition, LEDs to replace halogen downlights, are offered at a reduced cost. A limited number of concession card holders will be eligible for up to \$200 worth of goods for free.

Please visit www.livegreen.com.au for more information or call 1300 781 998.

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