



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



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Facebook

www.facebook.com/hanetwork



Maroondah
Healthy Ageing Network

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

Sew What!



“Sew What” is a very friendly informal craft group that meets at:

St James Anglican Church
21 Bemboka Road
Croydon Hills
(Melway 36 D11)

1st Saturday of each month February through to December
9:30 am - 11:30 am

Bring your own craft or something you want to learn and share over a cuppa. Bring a friend or two if you like. **EVERYBODY WELCOME!**

Pool Players and Indoor Bowlers



North Ringwood Senior Citizens in Norwood Reserve, Warrandyte Road have excellent facilities and are looking for people who enjoy indoor bowls or playing pool. Pool is played Monday to Friday from 1pm and Indoor Bowls is on Tuesdays. You can become a member for \$5 joining fee and \$5 annually. There are many other activities which you will find in our calendar. For more information please phone Doreen 9723 9543.

Arts in Maroondah

Maroondah Council has been listening to the community's desire for a more culturally vibrant city and making some exciting and significant changes to the look and feel of some of its key arts and cultural programs and facilities. Recently Karralyka rebranded itself with a fresh and dynamic new logo and approach to programming, including initiatives that focus on social inclusion across the ages in their wonderful theatre season, and through events, workshops and functions.

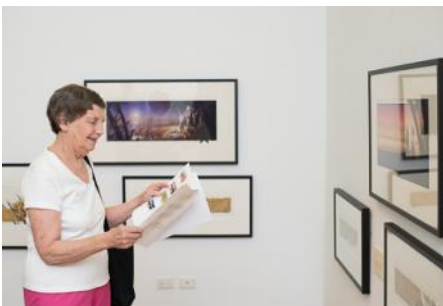


Images from opening launch 23 January 2014

Wyreena is currently reviewing its focus and some exciting new programs, changes and consolidations of key programs will be launched, SO watch this space at Wyreena!

And indeed Maroondah Art Gallery is shifting its program emphasis to leading contemporary art practice into the future, featuring newly commissioned and curated exhibitions of local, state and national significance. A key influence of the new direction for Maroondah Art Gallery is Council's investment in the revitalization of the Ringwood Activities Centre. Current key program areas such as children and young people will grow exponentially following piloted curated programs at the current Maroondah Art Gallery.

The 2014 exhibition presented in partnership with Eastern Region Libraries titled **Draw me a story: the art of children's book illustration** was a wonderful indicator of the high level of interest both locally, and state-based in such initiatives. Almost 2000 people attended this exhibition project at Maroondah Art Gallery over its two month duration. Guests importantly included mostly locals, our key focus, however we had visitors from across Melbourne including from the State Library of Victoria, come and make special mention of the quality of the exhibition and their interest in partnering with us into the future.



Maroondah Art Gallery
32 Greenwood Avenue
Ringwood 3134

Tuesday- Friday 10am-4pm
Saturday Noon-4pm

www.artsinmaroondah.com.au
www.facebook.com/maroondahartgallery

Maroondah Council's Social Inclusion & Wellbeing Monthly Outings

The Social Inclusion & Wellbeing Monthly Outings program is now in its second year and is available to Maroondah residents over 50 years of age who are socially isolated or who are at risk of social isolation. Maroondah residents can enjoy the opportunity to meet new people or catch up with old friends by attending the monthly day trips to a variety of destinations throughout Melbourne.



Some of the locations visited over the past 2 years are

Ballarat Begonia Festival
Victoria's Parliament House
Olive Tree Winery Main Ridge

Some of the outings coming up in 2014 are

Christmas in July
Wine tasting in the Yarra Valley
Freshfield Alpaca Farm Somerville

Brochures are available at all Maroondah Council Customer Service Centre's or by contacting the Social Inclusion & Wellbeing Office on 9294 5531

BreastScreen Victoria invites women over the age of 50 to make an appointment for a FREE mammogram every two years. Appointments take only 10 minutes, are with a woman and are free. Your closest clinic is located at:

**Maroondah Breast Screen,
24 Grey Street,
Ringwood East**

Call 13 20 50,
or book online:
breastscreen.org.au



Offers Free access to the latest Windows 8 *touchscreen* technology or a more traditional computer, while you gain basic computer and internet skills. Book now to receive Free tuition from our friendly tutors.

**Bookings essential and subject to availability,
please call North Ringwood
Community House
9876 3421**



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		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 commences 6th Jan 2014	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
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	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/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		Judy 9725-7667
12:30 - 3:30pm	Watercolours or Pastels	Central Ringwood Community Centre Bedford Rd Ringwood		Office 9870-2602
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
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 - 3:45pm	Bowls at Croydon Senior Citizens Club	222 Mt Dandenong Rd Croydon		Joan 9725 0597
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
9.15 am - 10.15	Cardio Tennis - Fitness that combines music, tennis and cardio exercise	Arrabri Community House Bayswater North		9294 7530
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, 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 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 \$13.00S eniors	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
10am - 12pm	FAB 50's Group – Social morning for women over 50. Guest speakers, craft activities and outings Join in the fun and friendship .	North Ringwood Community House 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
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
1.30 - 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
9.15am	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- 12.15p m	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- 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, Nun- awading (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
1:30pm	Armchair Travel 3rd Friday of month Life Activities Croydon	Private Homes		9725 1578
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
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 Ringwood 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
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

EVERGREENS NORTH RINGWOOD SOCIAL GROUP BUS TRIPS

Leave the driving and parking to the professionals

August 15th	Tram Depot, Hawthorne
September 19th	Tesselaar's
October 17th	Mystery Tour
November 14th	Caribbean Gardens

Bus fare is very reasonable: only \$5.00 for members or \$10.00 for occasional users. Lunch will be at your own expense but we do arrange a booking somewhere local. It's an lots of laughs type of day!!

For more information you can call Carole on 9893 1383.

World Elder Abuse Awareness Day 15th June 2014

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)

Most people would be shocked by the statistics relating to Elder Abuse. 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. Maroondah City Council has organised several different activities to promote the day. You may notice the clock tower on Maroondah Highway in Ringwood will be lit up purple around this time, various media coverage and many of the council staff will be wearing purple ribbons to help raise awareness.

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).

Croydon U3A

For the Retired

Now approaching 1000 members, Croydon U3A (University of the Third Age) conduct around 100 weekly classes for members. Classes include several computer classes, furniture restoration, languages, dancing, choir, card & board games, drawing, craft, outdoor activities, swimming, table tennis, speechmaking etc.



NEW MEMBERS WARMLY WELCOMED

For a full list of classes, call into our office weekdays between 10am & 12:30 pm



KEYSTONE HALL COMPLEX
1 Civic Square
Croydon
Ph: 9724 9544
www.u3acroydon.org.au

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