

# Ageing Well in Nillumbik

## Summer 2022

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### Hello readers

Welcome to the summer edition of Ageing Well in Nillumbik. We wish you a safe and happy Christmas and a relaxing 2022. This edition is full of local events and activities – enjoy and take care!

If you would like to be added to our mailing list email [positive.ageing@nillumbik.vic.gov.au](mailto:positive.ageing@nillumbik.vic.gov.au) or call **9433 3345**.

**If you need this document in another format please contact us on 9433 3111.**



### Adjusting to the new normal – life after lockdown

After spending many months in lockdown, it's normal to feel unsure or anxious about re-entering community life. Join St Vincent's Healthy Ageing Service for a free community wellbeing session to learn some skills, and brainstorm helpful strategies in the company of peers.

**When:** Tuesday 1 February 2022, 1pm-2.30pm

**Where:** Diamond Creek Living & Learning Nillumbik, 119 Cowin Street, Diamond Creek.

Feel free to drop in at 12.45pm for a tour of Living & Learning Nillumbik Diamond Creek and a cuppa before the session.

To register contact Council's Positive Ageing Officer on **9433 3345** or [positive.ageing@nillumbik.vic.gov.au](mailto:positive.ageing@nillumbik.vic.gov.au) or go to: [adjusting-to-the-new-normal.eventbrite.com.au](https://www.eventbrite.com.au/adjusting-to-the-new-normal)

**Attendees are required to show proof of Covid-19 vaccination at all listed events.**

### Adventures online

Launch your adventure into the world of phones, computers, websites, emails and new friends.

Whether you're looking for help in navigating the online world or already know your way around and would like to help others, the Be Connected program has the people and resources to guide you on your journey.

Living & Learning Nillumbik provides **FREE** one-on-one digital tutoring at Diamond Creek, Panton Hill, Eltham, Hurstbridge and St Andrews.

Our friendly and supportive tutors can help you learn the basics of using digital devices and the internet, including:

- how to use your iPad, laptop or smart phone
- communicate with family and friends who live far away
- find new friends who share interests and hobbies
- access online services.

For more information call **9433 3744** or email [info.livinglearning@nillumbik.vic.gov.au](mailto:info.livinglearning@nillumbik.vic.gov.au)

### Don't have your own device?

Council has iPads available for residents over 50 to borrow for free.

To find out more contact Council's Social Connections Officer on **9433 3111**, or [social.connection@nillumbik.vic.gov.au](mailto:social.connection@nillumbik.vic.gov.au)

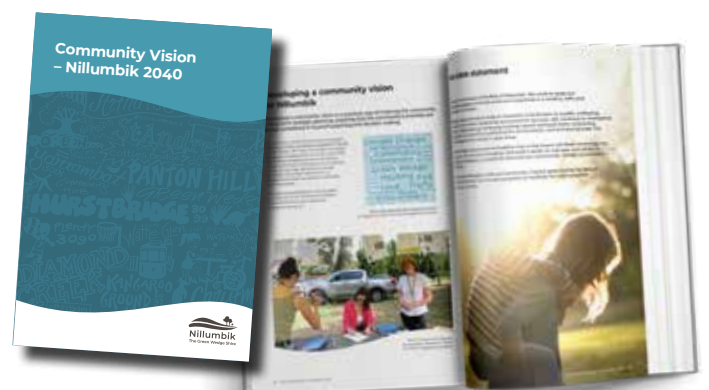


### Nillumbik Community Vision

Nillumbik has a new vision for the future, capturing the essence of what is most valued about our community and our Shire, and informed by extensive consultation.

The Community Vision – Nillumbik 2040 was adopted by Council recently along with the Council Plan 2021-2025, Nillumbik Health and Wellbeing Plan 2021-2025, and Financial Plan 2021-2031.

You can view the vision and plans at [nillumbik.vic.gov.au/plans-strategies](http://nillumbik.vic.gov.au/plans-strategies)





## Become a Wiser Driver

### Are you keen to maintain your driving skills?

Join us for a free four-week Wiser Driver program, which will cover topics including:

- Challenges for older drivers
- Safety tips for wiser driving
- Impact of medication on driving
- New road rules
- Car safety features
- Planning for the future.

Delivered by Access Health and Community, the course provides the opportunity for older drivers to upgrade skills and build upon their experience in the company of peers in a friendly and relaxed environment. Afternoon tea provided.

**When:** Monday February 21, 28 & March 7, 21, 1pm-3pm

**Where:** Eltham Library Community Room, Panther Place, Eltham

**Participants are required to attend all four sessions.**

### Last year's program feedback:

Feedback from 2021 participants:

*"Excellent to enable continuation of driving"*

*"Highly recommended program, helped improve awareness and understanding. Might save me or others from a future collision"*

*"Very useful for older people who are perhaps losing confidence"*

*"Very informative – well presented"*

To book your place contact Council's Positive Ageing Officer on **9433 3345** or **[positive.ageing@nillumbik.vic.gov.au](mailto:positive.ageing@nillumbik.vic.gov.au)** or go to: **[wiser-driver-nillumbik-2022.eventbrite.com.au](https://www.eventbrite.com.au)**.





## Free Taster sessions for Seniors coming in 2022

Throughout early 2022, Living & Learning Nillumbik is pleased to offer free trial sessions of some of our programs. This is a great opportunity to see what is on offer, enjoy a coffee, chat and meet new people.

### Taster sessions at Diamond Creek in January and February 2022

#### **Games, chats and coffee – taster session**

Thursday 3 February 1pm – 3pm

Have a hand of cards or a game of scrabble or just sit and chat.

#### **Drama for seniors – taster session**

Friday 28 January 11am – 12pm

Reclaim your confidence and voice and enjoy a few laughs.

#### **Drop in for assistance with your digital device – enjoy a coffee and chat**

Tuesday 8 February 10.30am – 12pm

Need some help with your digital device, mobile phone, iPad, laptop? Come with your questions, have a coffee and we can assist with answering your questions.

#### **Macramé – taster session**

Thursday 3 February 12pm – 1pm

Learn and practise a few knots to see how shapes are created with macramé.

#### **Memoir writing – taster session**

Wednesday 2 February 11am – 12:30pm

Gather some hints and tips for recording your memoirs.

#### **Tai chi – taster session**

Wednesday 9 February 10am – 11am

See how Tai Chi can assist with balance and coordination, relieve tension and stress.

#### **Exploring art – taster session**

Thursday 3 February 9:30am – 11:30am

Try your hand at drawing or painting or get some expert tips.

## Free Taster sessions at Eltham in February and March 2022

Contact Living & Learning for times  
and dates at Eltham and Panton Hill

### Arts for Health – taster session

Monday 31 January 11.30am – 12.30pm  
Increase mental health, well-being,  
confidence and social connection through art.

### Clay – taster session

Friday 4 February 10am – 11.30am  
A fun short session if you have always wanted  
to give clay and pottery-making a go.

### Community Garden – “Intro to the Garden”

Wednesday 2 February 9.30am – 10.30am  
Come along to an introductory session at  
Eltham community organic vegie garden.  
Learn what we are planting and meet our  
wonderful volunteers.

## Taster sessions at Panton Hill in February and March 2022

### Watercolour art – taster session

Friday 4 March  
A fun taste of watercolour painting.

### Mosaic – taster session

Friday 18 February and  
Friday 25 February 11am – 12pm  
Catch the ‘mosaic bug’ from our experienced  
tutors. Continue creating by joining our  
Mosaic MakerSpace.

### Community Garden – “Intro to the Garden”

Come along to an introductory session at  
Panton Hill community organic vegie garden.  
Learn what we are planting and meet our  
wonderful volunteers.

### Enquiries and Bookings through Living & Learning Nillumbik

Phone: 9433 3744

Email: [info.livinglearning@nillumbik.vic.gov.au](mailto:info.livinglearning@nillumbik.vic.gov.au)

Cost: Free

Bookings prior to the date of taster  
session essential

Website: [livinglearningnillumbik.vic.gov.au/  
seniors](http://livinglearningnillumbik.vic.gov.au/seniors)



Attendees are required to show proof of Covid-19 vaccination at all listed events and activities.

### January 2022

#### Memory Care Café (New!)

The Memory Care Café is a social group for carers and the person they care for (with memory loss or impairment), to connect with others in a welcoming place.

**When:** Fortnightly on Mondays starting January 10, 1.30 – 3.30pm

**Where:** Hurstbridge Community Hub, Graysharps Road, Hurstbridge

**Cost:** Small cost involved

For more information, please call Rachel Dunn 9430 9125 or email

[Rachel.dunn@healthability.org.au](mailto:Rachel.dunn@healthability.org.au).

### February 2022

#### St Andrews Film Society

The St Andrews Film Society has a day group starting in February for anyone who would enjoy seeing a film locally. Members choose a program from a range of films with screenings happening on the last Thursday of the month.

For more information contact Dawn [dawnmcdonnell@yahoo.com](mailto:dawnmcdonnell@yahoo.com) or visit [standrewscommunitycentre.org](http://standrewscommunitycentre.org).

### March 2022

#### International Women's Day

Everyone is invited to attend Nillumbik Shire Council's 2022 International Women's Day Event - a celebration of great achievements by women.

The event will include:

- Young Women Leaders of Nillumbik Awards announced
- Entertainment by local performers
- Dinner and dessert (in-person event)

**When:** Wednesday 9 March, 6pm-9pm (live) and 7pm- 8.45pm (live streamed on Zoom)

**Where:** Eltham Community and Reception Centre and on Zoom

**Cost:** \$35 for in-person event. Free online via Zoom

For more information, and to register your attendance: [nillumbik.vic.gov.au/IWD](http://nillumbik.vic.gov.au/IWD).

#### Unwind to Wisdom

Join meditation facilitator and end-of-life doula, Dina Smirnova, for a meditative journey encouraging connection to your voice and breath in a welcoming atmosphere. Learn simple breathing exercises for relaxation, and enjoy a gentle space of inquiry and curiosity, where you will have the opportunity to reflect on the gifts of elderhood.

**When:** Saturday 19 March, 11.15am – 12.30pm

**Where:** Hurstbridge Community Hub (Frank Nankervis Room), 50 Graysharps Road, Hurstbridge

**Cost:** \$10 (free for carers and support workers and complimentary tickets available for those experiencing financial hardship)

**Book here:** [events.humanitix.com/unwind-to-wisdom](https://events.humanitix.com/unwind-to-wisdom)

For more information email: [hello@dinasmirnova.com](mailto:hello@dinasmirnova.com)

### April 2022

#### Save the date!

#### Nillumbik Seniors Lunch

Gather a group of friends and join us for a two-course lunch at Eltham Community & Reception Centre.

Guests will be treated to the extraordinary talent of musician and Nillumbik resident Hana Zreikat. The award-winning singer-songwriter is classically trained in piano, with vocals reminiscent of Nina Simone and Ella Fitzgerald.

**When:** Thursday 7 April, doors open at 11.30am for a 12pm start

**Where:** Eltham Community & Reception Centre, 801 Main Road, Eltham

**Cost:** \$25

#### Booking details:

[seniors-social-lunch.eventbrite.com.au](https://seniors-social-lunch.eventbrite.com.au).

Bookings open 15 February.



# Get On With Life

Join us for a morning filled with enjoyable presentations and informative connections for all.

If you are over 50, this event is for you!



**GERARD MANSOUR**  
COMMISSIONER FOR  
SENIOR VICTORIANS



**CAROL O'HALLORAN**  
HOST OF TV SHOW  
'OVER 50 SO WHAT!'



**TONY SHAW**  
AFL LEGEND AND  
RENOWNED SPEAKER

**Wednesday 30th March 2022**

**Eltham Community and Reception Centre**  
801 Main Road, Eltham

Open at 8:30am for 9am start to 12noon

FREE Breakfast. Registrations essential via Eventbrite using the QR Code below.

Call 9433 3186 BH or email [omnigowl@gmail.com](mailto:omnigowl@gmail.com)



QR  
Code



Proudly supported by



## Nillumbik Libraries

**Diamond Valley Library**  
Civic Drive,  
Greensborough  
(03) 9434 3809

**Eltham Library**  
Panther Place, Eltham  
(03) 9439 9266

**Hurstbridge Hub  
Click & Collect Service**  
50 Graysharps Rd,  
Hurstbridge  
(03) 9439 9266

## Mobile Library

Contact number: 0419 883 159

**Panton Hill**  
Tuesday 10:30 AM – 12:30 PM

**St Andrews**  
Tuesday 2:00 PM – 4:30 PM

**Hurstbridge**  
Tuesday 6:00 PM – 8:15 PM

**Warrandyte North**  
Wednesday 10:00 AM – 12:00 PM

**Kangaroo Ground**  
Wednesday 12:30 PM – 2:30 PM



**Diamond Creek**  
Wednesday 3:00 PM – 5:00 PM  
Thursday 6:30 PM – 8:30 PM

**Arthurs Creek**  
Thursday 9:45 AM – 12:00 PM

**Yarrambat**  
Thursday 2:00 PM – 5:00 PM

**Christmas Hills**  
Friday 2:00 PM – 4:00 PM

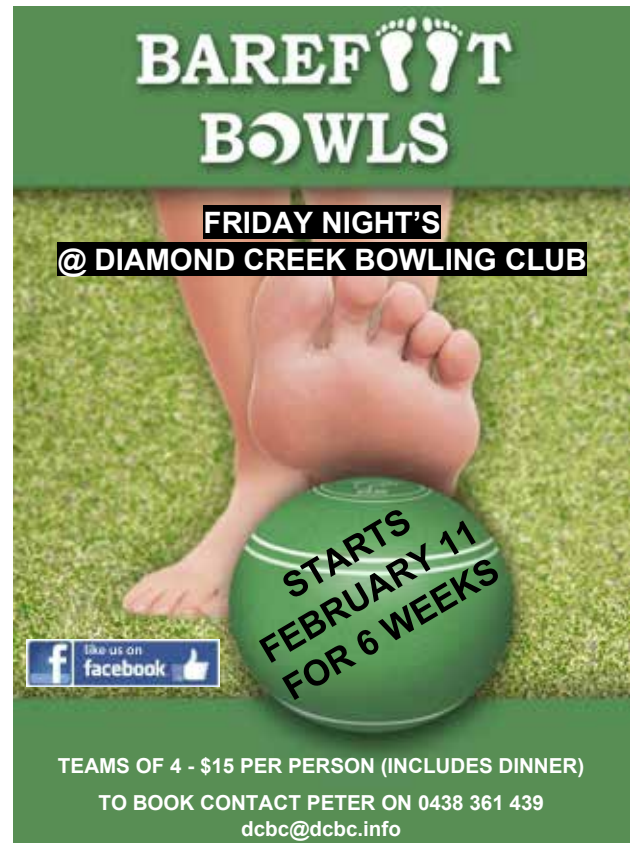
## What's on

### Panton Hill Tennis Club – New Year, New Members

After months of not playing tennis, the Panton Hill over 50s Tuesday morning group is raring to get back on the court and socialise over morning tea.

The group put the lockdowns to good use by having the two courts treated for weed removal, new nets have gone in and Council has done some maintenance work around the club house.

If you'd like to find out more about joining the club, call Paul on 0400 292 264 or Janice on 0458 910 396 or email: [crosswhite@bigpond.com](mailto:crosswhite@bigpond.com)



**BAREFOOT  
BOWLS**

**FRIDAY NIGHT'S  
@ DIAMOND CREEK BOWLING CLUB**

**STARTS  
FEBRUARY 11  
FOR 6 WEEKS**

TEAMS OF 4 - \$15 PER PERSON (INCLUDES DINNER)  
TO BOOK CONTACT PETER ON 0438 361 439  
dcbc@dcbc.info

like us on  
facebook

The advertisement features a green background with a large image of a bare foot about to drop a green bowling ball. The text is in white and yellow, providing details about the event's schedule, location, and contact information.

## Connecting our community

### Dreams of flying come true at any age

By Rod C, Greensborough Model Aircraft Club

As a youngster I was fascinated with planes. By the age of ten, I saved up enough money to buy my first kit. It was a balsa wood model with a diesel engine. At every opportunity I used to fly with my mates on the football oval. Over time, things changed, and the model aeroplanes gathered dust in the garage and were forgotten about.

40 years on, and I began taking my son up to Yarrambat to watch the guys flying radio control planes at the Greensborough Model Aeroplane Club. We watched people fly these planes and thought it was a hobby way out of our reach. How wrong I was.

About seven years ago I passed by Yarrambat, where I met Bob and Graham who were flying at the time. Graham invited me to have a try. He took the plane off, got it high in the air and

handed me the controls. I was flying a plane! It was fantastic. That experience prompted me to join the club.

Beware! Nobody warned me how addictive this sport was. It's great fun and there's a great group of members up at the club who go out of their way to assist new flyers. I only wished I had joined earlier.

For more information visit: [gmac.org.au](http://gmac.org.au)







## From little things, big things grow...

**Expand your horizons through volunteer work... Article by Gemma Whyte and Peter Talbot (Lions Club of Eltham).**

We have been quite busy during our lockdowns. We have been involved in several different food and community support programs to assist those who are struggling. Here are some of the recent initiatives supported by our members:

- Hand writing letters of encouragement to Year 12 Students, with personal but relevant anecdotes, empathetic perspectives and encouragement for their future endeavours,
- Building and furnishing planter boxes for Eltham Town Square, lovingly decorated by children at local kindergartens,
- Knitting 40 Trauma Teddies for the Red Cross,
- Supporting vulnerable families by contributing to local emergency food suppliers MCC Carenet and Greenhills Neighbourhood House.

Cumulatively, these projects represent many hundreds of hours of volunteering during lockdown. It is wonderful how we can think of new ways to do things and still contribute to our local communities, even when we are unable to get together.

There are many positive aspects of being part of a group which provides support throughout the community however, it is important for you to choose a group which aligns with your own personal vision and values.

Who knows what community support projects are on the horizon, but if you are open, willing and mostly able then you may get to see that it is true "from little things, big things grow..."

For more information call 9068 3923 or email [elthamlionsclub@gmail.com](mailto:elthamlionsclub@gmail.com)

## Dear Stacie...

### Do you have a question about the aged care system and the supports available to help you live and age well?

Council's Aged Care Navigation and Advocacy Officer is here to help.

If you have a question you would like answered (either in the newsletter or confidentially), please email Stacie [agedcare@nillumbik.vic.gov.au](mailto:agedcare@nillumbik.vic.gov.au) or call **9433 3138**.

*Dear Stacie,*



I have always prepared and cooked meals for myself and my wife. Lately I have found that I am not so motivated to cook, perhaps because it takes me longer to prepare the meals than it used to. We often eat toast because it is quick and easy. I really don't like asking for help but I realise that we need a more nutritious diet to keep us well.

Can you suggest anything to help us?

*Thanks, Mike*

*Dear Mike,*

Asking for help doesn't mean losing your independence; it's quite the opposite. Getting a little help with daily activities means you can stay independent in your own home for longer. In fact, a little support can lead to a much better life.

You and your wife may be eligible for delivered meals and/or assistance with food preparation. These are services that are part of the Commonwealth Home Support Program.

The first step is to contact My Aged Care. This is the starting point for all enquiries relating to aged care services.

This can be done online at [myagedcare.gov.au](http://myagedcare.gov.au) or by calling **1800 200 422**.

If you would like any support regarding this process or any further information, you are welcome to call me on 9433 3138 during business hours or email [agedcare@nillumbik.vic.gov.au](mailto:agedcare@nillumbik.vic.gov.au)



*Take care, Stacie*

Stacie  
Aged Care Navigation and Advocacy Officer  
Nillumbik Shire Council





## The Carers Collective

**There are so many types of carers: some taking care of multiple generations, some for a child, spouse, sibling or friend.**

Some don't even see themselves as carers because they're just giving a helping hand.

But we all have things in common.

Join Connect Care, a Carers Collective peer support group that supports senior carers, and those who have been carers, who support people who are frail, aged, living with dementia or other age-related conditions.

Connect Care is based in Nillumbik, and provides a space to come together, feel heard, reflect, gain knowledge and find ways through the systems. Feel supported, reach out to one another and share experiences in a safe space.

For more information, call Sandra on **0437 352 378**



Would you and your care partner like to be involved in research about a new 10-week online training program for people in the early stages of dementia and an e-learning session for family or friends?

You may be eligible to participate if you have a formal dementia diagnosis, are over 65 years of age and have a care partner who is willing to participate.

### Contact the research team:



Jana Koch (Research Assistant)  
[shape@neura.edu.au](mailto:shape@neura.edu.au) or 02 9399 1116  
[www.neura.edu.au/project/shape/](http://www.neura.edu.au/project/shape/)



**Are you a knitter? Do you get together with friends to knit and natter? Would you like to knit for charity?**



Diamond Valley Lions would love to hear from groups of social knitters who would like to knit baby and toddlers' knitwear and beanies. We will provide the wool and collect knitted articles which we will either pass onto local organisations or sell to raise funds for our many local projects.

Contact Anita on **0431 466 070**.

### Share your experiences of kindness

If you want to share your experience of kindness in our community, email [positive.ageing@nillumbik.vic.gov.au](mailto:positive.ageing@nillumbik.vic.gov.au) or call 9433 3345.

## Have your say

This newsletter is a way for you to receive information about events and activities happening in Nillumbik, and to have your say.

We value your feedback about the Ageing Well in Nillumbik Newsletter, so please contact us with your contributions to this newsletter or offer any feedback and suggestions about what you would like to see in future editions.

## Contact us

Please contact Fiona on **9433 3345** or email [positive.ageing@nillumbik.vic.gov.au](mailto:positive.ageing@nillumbik.vic.gov.au).



If you are deaf or have a hearing or speech impairment, please contact us through the National Relay Service. TTY dial **133 677** or Speak & Listen **1300 555 727** or [relayservice.gov.au](http://relayservice.gov.au), then enter **9433 3111**.



If you need an interpreter, please contact TIS National on **131 450** and ask to be connected Nillumbik Shire Council on **9433 3111**.