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## Hello Ageing Well readers

Welcome to Ageing Well in Nillumbik, a quarterly newsletter to keep you up to date with Council, community news, events and information to help you live well, and age even better.

Katie Camilleri  
Positive Ageing Officer

If you would like to be added to our mailing list you can email [positive.ageing@nillumbik.vic.gov.au](mailto:positive.ageing@nillumbik.vic.gov.au) or phone 9433 3345 and leave your preferred contact address.

## 2018 Seniors Festival

The Victorian Seniors Festival will take place across Victoria throughout October offering a range of free and low-cost events and activities for older Victorians.

The annual festival takes place during October and promotes inclusive communities and provides opportunities for older people to try new activities, contribute to, and remain engaged in their local community.

Council has published a Seniors Festival Program of events and activities in the Shire throughout October.

Download a copy of the program from our website at [nillumbik.vic.gov.au/seniorsfestival](http://nillumbik.vic.gov.au/seniorsfestival) or collect a copy from your nearest library or leisure centre.

### Sunday 7 - Sunday 14 October Free public transport

As a Victorian Seniors Card holder you can get out and explore metropolitan Melbourne and regional Victoria during the Seniors Festival, with free travel on trains, trams and buses.



Simply carry your Seniors myki and Victorian Seniors Card with you on public transport. Touch on and off as usual and you won't be charged. On regional services that don't use myki, show your Victorian Seniors Card to the conductor or bus driver.

For information or to apply for a Seniors myki card, contact Public Transport Victoria (PTV) at [ptv.vic.gov.au](http://ptv.vic.gov.au) or call 1800 800 007.

### Wednesday 10 October 10am-2pm Try Before You Ride

This year's Try Before You Ride will take place at Box Hill interchange, corner Whitehorse Road and Box Hill Central. This annual event is designed to provide people of all abilities the opportunity to familiarise themselves with Melbourne's public transport system.

Participants are given the opportunity to boost their confidence using public transport by practising how to board and alight a stationary train, low-floor tram, low-floor bus, coach and accessible taxi.

PTV and operator staff are available on the day to answer questions, along with disability advocacy groups. To register your interest call 1800 800 007.

## Friday 12 October Safe travel on Metro Trains

Presented by Public Transport Victoria

- meet local Authorised Officers and learn about their role on public transport
- receive information about Seniors myki cards, Journey Planner and Traveller's Aid
- visit Eltham and Heidelberg railway stations to learn about accessibility options and safety features including the Safety Zone
- return journey on a Metro Train accompanied by Authorised Officers
- brochures to assist with future travel.

**Time:** 9.30am-1.30pm  
**Where:** Civic Centre, Civic Drive, Greensborough  
**Bookings:** [positive.ageing@nillumbik.vic.gov.au](mailto:positive.ageing@nillumbik.vic.gov.au) or call 9433 3345

## Tuesday 23 October Volunteer Expo

Looking to volunteer, but not sure where to start? This special Seniors Festival event is an excellent opportunity for organisations and individuals to showcase and learn about volunteer opportunities available in Nillumbik.

**Time:** 10am-1pm  
**Where:** Community Bank Stadium Court 3  
129-163 Main Hurstbridge Road, Diamond Creek  
**Enquiries:** [volunteering@nillumbik.vic.gov.au](mailto:volunteering@nillumbik.vic.gov.au) or call 9433 3345

## Throughout October Yarra Plenty Regional Libraries

Yarra Plenty Regional Libraries have a range of programs and events for Seniors Month and Local History Month in October. Visit the Diamond Valley or Eltham Library to see what's on.

**Where:** Diamond Valley Library, Civic Drive, Greensborough  
Eltham Library, Panther Place, Eltham  
**Enquiries:** [yprl.vic.gov.au](http://yprl.vic.gov.au)



# Recipe corner

## Oaty banana and date muffins

1 cup dates, halved or chopped  
2 cups wholemeal self-raising flour  
1 teaspoon mixed spice  
1/2 teaspoon bicarbonate of soda  
1/2 cup quick oats  
1/3 cup raw sugar  
3/4 cup mashed banana  
1 cup buttermilk  
1 egg, lightly beaten  
1/3 cup sunflower oil Canola oil spray  
1 small banana, sliced

### Step 1

Place dates in a heat-resistant bowl. Cover with boiling water, stand 10 minutes, then drain.

### Step 2

Preheat oven to 190°C (170°C fan-forced).

### Step 3

Sift flour, spice and bicarb soda into a large bowl, add husks left in sieve to the bowl, then stir in oats and raw sugar.

### Step 4

Make a well in centre and add dates, mashed banana, buttermilk, egg and oil and stir until just combined (don't over-mix).

### Step 5

Lightly grease a 12-cup non-stick muffin pan with cooking spray or line with paper cases. Spoon the mixture evenly into prepared pan. Top with sliced banana and bake in preheated oven for 15-20 minutes until muffins are golden.

### Step 6

Stand muffins in pan for a few minutes then transfer to a wire rack to cool.

Recipe courtesy of The Heart Foundation.

# Healthy and active ageing



## Eltham Leisure Centre

The Eltham Leisure Centre supports senior's health and wellbeing with a range classes and social activities throughout the year.

The Active Movers classes are safe, fun and great for beginners. Classes include easy to learn low impact cardiovascular exercise, strength and stretching activities. Each class varies and can use steps, resistance bands, weights, balls, abdominal exercises and stretching, giving you a whole-body workout.

The Eltham Leisure Centre aims to increase active living and increase social connections through community participation. Free tea and coffee is available after each class.

With the support of their Age Friendly Coordinator, Betty Anderson, the Centre also hosts a range of social activities including luncheons and seminars on relevant health topics.

For information email the Centre at [eltham@alignedleisure.com.au](mailto:eltham@alignedleisure.com.au) or call 9439 2266.

To find out about other major leisure facilities, aquatic centres, parks and reserves in your local area visit Council's website at [nillumbik.vic.gov.au/leisurefacilities](http://nillumbik.vic.gov.au/leisurefacilities)

## Man Friday Bikers

Looking to improve your fitness, health, meet new people and enjoy the outdoors? Man Friday Bikers is looking for men to join their cycling group, leaving from Diamond Creek Men's Shed (53 Challenger Street, Diamond Creek) every Friday morning at 9am.

Bikes are available to loan if you are new to cycling. Lycra is optional!

There is no cost, except for your coffee at Petty's Cafe, where the group stops for a rest and enjoy great fellowship.

Members ride regularly on Monday and Wednesday, and some ride on other days, either alone or arrange to ride with a mate.

For those not interested in bike riding, there is also a walking group that go out on Monday, Wednesday and Friday, starting from the Diamond Valley Miniature Railway.

For information or to join contact:

### Man Friday Bikers

Leigh Marshall 0400 009 041

### Walking group

Mick Hall 0411 232 479

# Diamond Valley bush walking club

Remaining healthy as we age depends in part on keeping active, and a very enjoyable way of keeping active is to bushwalk. The Diamond Valley Bushwalking Club offers a varied program which includes day walks and base camps, as well as trips away interstate and overseas.

Day walks are offered on Wednesdays and Sundays, while for members who can no longer manage hills or longer walks, a program of rambles is offered on Wednesdays. Base camps are usually organised on weekends, particularly long weekends.

The Club also has a small subgroup of members who organise bike rides. These are social rides which are usually around 30 to 35 kilometres long.

If you are interested in joining the Club, you are invited to come along to an introductory session at 7.30pm on the third Thursday of every month (except January and June) at Metzner Hall, St Vincent's Care Services, Diamond Street, Eltham. More information about the Club and its current walks program can also be found on the Club's website at [diamondvalleybwc.org.au](http://diamondvalleybwc.org.au)



# Senior citizen clubs



## Eltham Senior Citizens

The Eltham Senior Citizens is open Monday, Tuesday, Thursday and Friday and offers a variety of events including Bingo, cards, Scrabble, bowls and line dancing. They also offer day trips once a month, regular social catered functions with entertainment and a yearly trip away. Tuesday is also Chinese Community Club day at the Centre.

Anyone over 55 is welcome to join the club. For information contact Vivienne Doran on 9439 7957 or visit the Eltham Senior Citizens at 903 Main Road Eltham.

## Diamond Creek Senior Citizens

The Diamond Creek Senior citizens meet socially every Tuesday from 11am-3pm at the Diamond Creek Senior Citizens Centre. It is a great opportunity to get out of the house, meet new people and join in on fun group activities including cards, bowls, Kelly pool, board games, lunch outings, barbecues and much more. Anyone over 55 welcome, just come along and join in.

Diamond Creek Senior Citizens Centre, 32-34 Elizabeth Street, Diamond Creek.

## healthAbility Social Support Groups

Anatole Verevkin welcomed his 100th year recently with fellow participants at healthAbility's Social Support Groups in Eltham.

After blowing out the candles all in one breath and with much laughter, he was amazed by the fact that he was 99.

Born in Russia in 1919, he lived in China for many years where he worked as a dentist; which explains his request to chef Mel for a birthday cake without too much sugar!

Anatole enjoys attending the Wednesday group and comes for fun, laughter and company. He enjoys playing different games, especially chess and is quite competitive at ten-pin bowling. He has an incredibly positive attitude and will have a go at everything. Anatole is a real gentleman with a great sense of humour; he has been known to say that he is "getting fitter every day" and is "not bad for a young man". Happy birthday Anatole!

healthAbility's Social Support Groups provide activities to help older people live a healthier, more rewarding and socially engaged life. The aim of Social Support Groups is to provide a program of activities that maintains and enhances the daily living skills of all the participants. The program of activities addresses physical, social, cultural, emotional and recreational needs and provides opportunities to stay connected to the community.

For all enquires contact Rachel Dunn, Team Leader Social Support Groups 9430 9125.

# Meet a senior - Noel Sinclair

Noel Sinclair has been volunteering with Council's Medical Transport program since August 2015. Noel was a chauffeur for 20 years, with his own private limo service and a taxi driver before that.

He lives in Kangaroo Ground with his wife, Shirley who owns Bustles and Bows, an embroidery shop in Warrandyte. They have two daughters, four granddaughters and two grandsons. Tragically, Noel and Shirley's son died in an accident a few years ago, which prompted them to make a change and move from Surrey Hills to Kangaroo Ground.

Following their move, Noel retired and found himself reading a 'Volunteer Drivers Needed' poster in a doctor's surgery in Hurstbridge. He knew his skills and experience fitted perfectly with what Council needed.

It wasn't long before he was driving members of our community to medical appointments: doctors, hospitals, eye specialists or the physio.

Noel explains "I am really proud to volunteer for Council and try to provide the best possible service to all my clients." His car is meticulously clean and he always waits for clients to finish their appointment, ensuring they know where to meet him afterwards. The drive is often a social connection for the client; they might be lonely, nervous or in pain going to their appointment. "I try to put a smile on their face and relax them, make it a special day out" he explains.

Noel gets to know the clients well and builds trusted relationships with them. His professionalism and dedication to customer service is admirable and we are extremely fortunate he volunteers his time to provide such a great service on our behalf.

If you see Noel around the community, stop and say hello, he may even show off his very clean car to you!



# Community transport - become a volunteer driver

We welcome applications from people who would like to assist transporting eligible residents to access their community.

If you are interested in becoming a volunteer driver for Council's Community Bus or one-on-one transport, we want to hear from you.

To find out more visit [nillumbik.vic.gov.au](http://nillumbik.vic.gov.au)

To submit your application visit:

Community Bus - <http://btrr.im/571s5>

One-on-one transport - <http://btrr.im/spxiy>

## Don't drive and need transport?

Council works with a wonderful team of volunteers to provide a community transport service.

Community transport can assist eligible residents to access the community for:

- shopping
- services
- social activities
- medical appointments
- visiting family or friends

If you feel this service will help you to live independently at home, contact My Aged Care on 1800 200 422. The Regional Assessment Service will assess your needs and a referral can be made to Council to enable you to access our transport services.



# Commonwealth Home Support Program (CHSP) – Home Maintenance service

Nillumbik (CHSP) provides a wide range of community-based services that assist older people, and their carers to live independently in their own homes and participate in the local community for as long as they are able and choose.

Home Maintenance is a service which is available for people to access. Previously there has been a waitlist for this service, this is no longer the case. If you are not a current client of the CHSP program, you can contact My Aged Care on 1800 200 422 so you can be referred for the service.

Some of the tasks that can be undertaken are:

- splitting and stacking firewood – in preparation for the cooler months
- installing smoke detectors
- changing batteries in smoke detectors
- cleaning roof spouting of leaf build up
- trips to the tip
- changing light globes
- window washing
- repairing or changing door locks

If you would like information about this or other services Council provide, contact Aged Services on 9433 3138 or [intake@nillumbik.vic.gov.au](mailto:intake@nillumbik.vic.gov.au)

## Have your say

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

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

Contact Council's Positive Ageing Officer Katie Camilleri on 9433 3345 or email [positive.ageing@nillumbik.vic.gov.au](mailto:positive.ageing@nillumbik.vic.gov.au)

## Have a seniors event coming up you want to promote?

Send it to us at [positive.ageing@nillumbik.vic.gov.au](mailto:positive.ageing@nillumbik.vic.gov.au) or Positive Ageing, Nillumbik Shire Council PO Box 476, Greensborough VIC 3088.

