

Your March Newsletter

By the time you receive this newsletter it will be April already, but March has been a busy month as we continue to develop new and interesting activities. We also had our Annual General Meeting.

As we move further into Autumn are you getting ready for the end of daylight saving and eventually cooler winter days? Maybe we will even get some rain as many of us are noticing our very dry gardens. This is the ideal time to start thinking about what classes or activities you want to join to keep you fit and warm or maybe just to join the friendly social groups.



Maybe you are planning a holiday overseas, to Italy or Spain. If so you may like to join our beginners conversation classes. Even if your not travelling to these countries it is always good to learn another language.



Time to book for next term's classes

Our mid-term break has already started so remember to book for next term. Also have a look at the other courses being offered, there may be something new to try. Booking is easy, just go to the website and find the course or courses you want to join. Then click **Enquire now** and fill in your details. Provided there are vacancies you will receive information to pay for the course. Alternatively, when the staff return from the Easter break, give them a call or drop in to reception.



Annual General Meeting

Our AGM was held on 13 March and commenced with a wonderful introduction to seated yoga by our fantastic instructor Bronwyn. This highlighted how seated yoga can really help a person's posture and flexibility as well as how movement and relaxation can reduce stress and anxiety. Bronwyn added that this form of yoga can also be done while standing, holding the back of a chair. In other words people can do it within the limits of their own body. It is also a useful form of exercise for working people or travellers to add to their daily routine.

The AGM had a good number of members present as well as Cr Suzy Stojanovic from the Maroondah Council.

Next term's Seated Yoga courses commence on Monday 15 April. Courses are 10.30am - 11.30am and 11.45-12.45. Note, the 10:30 course is nearly booked out



Our Chairperson (Nancy) and Chief Executive (Helen) told members that over the last year the Community House has had a large number of people enjoying a wide range of activities and courses. This is helping to make up for the challenges faced during Covid, including the financial loss due particularly to the impact on our Certificate courses.

Treasurer (Julie) then gave the financial report highlighting that we are now budgeting for a surplus.

The AGM was a time when we could also say a huge thank you to the many people who make the Community House so special. These include our CEO Helen and her amazing staff, the great teachers/trainers and volunteers who support our wonderful House and the Maroondah Council and we thank them for the wonderful facilities we all enjoy.



The outgoing Management Board members were also thanked and a new Board was elected. This turned out to be the same members as last year, but with a few changes in position.

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| • Chair | Pat Casey |
| • Secretary | Julie Reid |
| • Treasurer | Nancy Apled |
| • General members | Pat King, John Lambert |

Would you or someone you know like to work in Aged Care?

Many of us involved in NRCH are interested in the great fun, exercise or social activities we offer. But did you know that NRCH also offers Nationally Recognised Certificate level courses? These courses provide the qualifications for people to gain or improve their employment in the Aged Care sector.



- Certificate III in Individual Support (Ageing) (CHC33021)
This certificate is for workers to care for the elderly in a residential setting or in a person's own home.

- Certificate IV in Leisure & Health (CHC43415)
This certificate enables workers to assist with the design, implementation and evaluation of health and leisure activities and programs for clients in day support, a residential service and/or in a community agency and day service.



Both courses are delivered with Victorian and Commonwealth Government funding, although eligibility criteria applies. To find out more contact Linda at linda@nrch.org.au.

Easter and Mother's Day Cupcakes

Congratulations to the winners of the Easter Raffle, Anne, Jean and Jennie – hope you all enjoy your Easter hampers.



On March 23rd there was a special cookies class where some amazing, and tasty, Easter inspired cookies were decorated. Everyone had great fun and would have enjoyed eating them over Easter.



If you missed out on making Easter cookies, then you definitely should book for our cupcake decorating session, to be held on Saturday 11th May – just in time for Mother's Day.

Qi Gong

In today's world there is always something happening. Whether it is at work or at home it is sometimes good to turn off and focus on your own body and mind. Qi Gong is an age-old practice that harnesses the power of breath and movement to create health and balance within the body. It is a moving meditation, coordinating slow flowing movement, deep rhythmic breathing and a calm meditative state of mind.



Qi Gong, pronounced "chi gong," was developed in China thousands of years ago as part of traditional Chinese medicine. It uses exercises to optimize energy within the body, mind, and spirit, to improve and maintain both health and well-being. It may be just right for you to help improve or maintain both your health and wellbeing.

Classes are on Wednesdays from 12:20pm, to 1:20pm. Maybe enjoy a coffee some time with others after the class.

After work and weekend Jungle Body classes

NRCH holds many courses during weekdays. But we recognise that people who work also need to energise their mind and body. So we offer Jungle Body classes on Wednesdays (5:30pm) and Sunday's (8.30am).

Jungle Body is a fun, fast paced class that combines cardio, boxing and dancing to workout your whole body. It is easy-to-follow, high intensity all set to music.

Jungle Body is a happy place, a place to let go of things and focus on your own body. It is an inclusive, vibrant, welcoming & 100% stress free place to make you smile. It is about celebrating & empowering all body shapes, ages, sizes & fitness levels and is led by a certified instructor.



Movement Expo

The Maroondah Council is holding a free Movement Expo at the Maroondah Nets (154 Heathmont Rd, Heathmont) on Tuesday 23 April 2024 from 10am-1pm. This will feature a diverse range of sporting and movement activities in Maroondah for older residents.

The expo will showcase community organisations, promoting their physical activities at a pop-up stall in the stadium. There will also be a demonstration area where selected activities like dance, or low impact activities for all abilities can be showcased. And there will be presentations on health care by experts.

Further details of this free event and registration go to the Council website (www.maroondah.vic.gov.au) and search for "Movement Expo at Maroondah Nets". And note, registrations close on Sunday 21 April.



Railway Safety / Travel Awareness Sessions

Some people who haven't travelled by train for a long time, especially after the Covid restrictions, may be apprehensive about using them again. Some may have physical issues and are concerned about entering and exiting a train. Newly arrived migrants who have not used trains in Victoria may also need assistance. To help these people Metro Trains is offering information sessions for groups.

Sessions start with a tour of Ringwood station, assistance with topping-up or purchasing a MYKI and how to board a train. Then, a trip to Flinders Street, stop for a coffee/tea and chat and return trip to Ringwood.



Tours are open to community groups such as the NRCH. So if you or someone you know would like to join a tour, please talk to our reception and if we get enough interest we will organise and book a tour.

By the way, you may know someone who would benefit from a tour but needs some encouragement. So how about accompanying them? Once they have the confidence to use a train, many opportunities will open to them – going to a show in town, visiting family and friends or even taking a trip in the country.

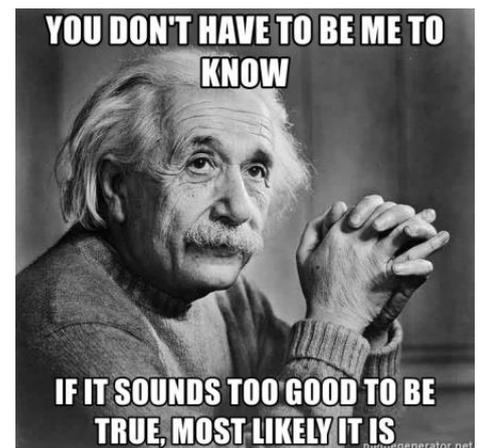
Today's English Lesson – “Up To”

A lot of advertisements say “**up to 50% off**”. Some even say “**up to 50% off everything**”. What does this actually mean?

It actually means that there is nothing in the store that is more than 50% off. So it could mean that there is one item that was \$1 but is now 50c (and they may currently be out of stock). It doesn't mean that any other items are 50% off or even that any other item has any discount. Even when a store says “**25% of everything in store**”. It may mean that all the good items are currently not in store.

Remember the old saying: *If it sounds too good to be true, then it probably is.*

So today's English lesson is – **up to 50% of everything** doesn't mean much at all.



Bonjour Bendigo – plan your own visit to Bendigo

During the school holiday's or maybe after the children (or grandchildren) go back to school, how about a holiday in Paris? And if Paris is a bit too far away, you could organise a day trip to Bendigo instead. *Bonjour Bendigo* is a special program to experience the romance of Paris in Bendigo and celebrates the Bendigo Art Gallery's international exhibition, **Paris: Impressions of Life 1880 – 1925**.



In Bendigo you can enjoy the Art Gallery's exhibition as well as a number of events and experiences including French food, art, culture and more. To find out more and to book entry to the Art Gallery search for *Bonjour Bendigo* on your computer. Maybe stay a few days and enjoy the many other great places in and around Bendigo such as a tram ride to the Central Deborah Gold Mine.