

Olympics, Paralympics, Footy Finals and Spring

Have you been watching the Olympics? Wasn't it great to see people from all around the world competing together. Now, the Paralympics are starting and the footy finals will be commencing next weekend. So there will still be plenty to watch on TV (or at the footy ground). But as Spring starts, days get longer and the weather warms up it is a good time to be active. Maybe catch up with friends, do some work around the house or plan a trip. And, of course, see what courses or social activities you want to join at the North Ringwood Community House (how about a painting or lead lighting course?) Whatever you have been wanting to do, but have been putting it off, we have something to help you – a **Tuit**.

You may wonder how a Tuit will help you. Well this is a special Tuit as it's a round one, and haven't you said you would do that task or start learning something new when you got "around to it". Well now you have one.

*Print,
cut out
and place
somewhere
where you will see it.*



Father's Day cookie decoration.

Have you and your children (or grandchildren) booked in to decorate some yummy biscuits/cookies for Dad for Fathers Day? This coming Sunday (1st September) is Father's Day and there is a very special cookie decorating class on the Saturday before (31st August).



Imagine the fun you, your children or your grandchildren can have decorating special cookies for their Dad and then seeing his smile when he receives them. Better still, bring him along and have fun decorating them together. (Dad might even make a special one for Mum).

The Decorating class is from 1:00 to 4:00pm and costs \$50. This includes pre-made biscuits, ingredients to decorate and a take home pack of the special biscuits you have decorated.



Spring Father's Day Dad jokes

What kind of garden does a baker have? A flour garden.

What did the excited gardener do when spring finally came? He wet his plants.

What type of a bow can't be tied or untied? A rainbow.

When is the best time to go on a trampoline? Spring time.



New Website

The NRCH is pleased to announce that it has a new website, one that both looks great and is easy to use. The new site allows you to quickly and easily find an activity or course. Simply click on the word "Programs" at the top of the Home page. Alternatively click on the category of activity you are looking for from the list underneath the Home page image.



There is also a link to the Certificate Accredited Training courses. And if you need to hire a space at the Community House for an event or on a regular basis, there is a link to Venue Hire information.



At the bottom of the site are links to a range of information including policies, procedures and how to register for activities.

When you have a moment have a look at the updated and refreshed Website, you may find an interesting activity.

If you have any questions or suggestions, please let someone at the Office know. Also, we are always seeking testimonials to include on the website. So if you would like to write one, and happy to let us include it, please email it to admin@nrch.org.au or give it to one of our staff.

Functional Fitness 4 Health – New in Term 4

Spring starts on 1st September, time to do all those Spring jobs so that by the end of September you are able to start preparing for Summer. And what better way to prepare for summer than a Functional Fitness 4 Health Class, starting on 8th October.



This class will create more energy and a sense of lightness in your body. It will help rise against pain and fatigue, making you feel stronger and more balanced, finding easeful support for your joints. Exercises are both mat based and standing and focus on balance and feeling supported in your joints, building strength and mobility to help move away from pain.

Functional Fitness 4 Health course starts on Tuesday 8 October (8.30am - 9.30am) and will run for 10 weeks. Cost is \$145 (\$140 concession)

Qi Gong and Tai Chi

Qi Gong is a journey of holistic wellbeing and tranquillity, a gentle yet powerful way to promote health and balance.

Through coordinated movements, deep rhythmic breathing, and a tranquil meditative mindset, Qi Gong is a moving meditation that harmonises the body and mind.



Qi Gong, supports inner peace, physical wellbeing, and taps into the rejuvenating power of breath and movement. (Courses are on Wednesdays 12:20pm - 1:20pm).



Qi Gong also lays the foundation for Tai Chi.

Tai Chi enhances muscle tone, strength, fitness, flexibility, balance, and coordination. Through gentle movements and deep breathing exercises, this ancient practice boosts oxygen levels in the blood, promoting circulation to vital organs for improved health. (Courses are on Wednesday's 1.30 – 2.30pm).

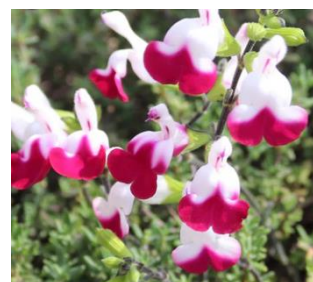
Come and experience the holistic benefits of Qi Gong and/or Tai Chi with our Accredited Instructor. Classes will enhance muscle tone, strength, fitness, flexibility, balance, coordination and improve your health. Courses are suitable for all ages, including those with arthritis.

Community House Outdoor Space

For some time the Community House has been planning to make the fenced area outside more attractive and useable. This space can then be used for people to relax in, maybe taking a tea or coffee with after a class or activity to chat with others. Or maybe take a book from the Community House library. It can also be used to conduct outside activities such as a Community House course or a party for young or old.



As some of you may have seen the renovations have started with the first of four large planter boxes. The other three are being built by the **Ringwood Men's Shed** using materials funded by the **East Ringwood Bendigo Bank**.



As we are not permitted to plant into the ground, the planter boxes will be plastic lined wicking beds which will prevent any roots entering the ground and help manage water during the summer months.



The boxes will be placed on the South side of the space with paths around them to allow for people, including those with a disability, to walk around. They will be planted with plants of different shapes, colours and smells. Plants will also be placed in pots around the fence line.



Other parts of the space will have tables and chairs, some fixed in position and other moveable depending on the activity. So there will be lots of opportunity for people to get involved in designing, managing and enjoying the space.

F.A.S.T – signs of a stroke

Everyone has heard of a stroke, a blood clot that stops blood circulating. And there are probably many who know someone who has had one. But how do you know if you or someone else is having a stroke?

Recently a member of the Maroondah Rotary Club (Wendy) had some facial problems and remembered the Stroke Foundation's think F.A.S.T. message and called 000.

- **Face** – has a person's face dropped?
- **Arms** – can they lift both arms?
- **Speech** - is their speech slurred, do they understand you?
- **Time** is critical. If you see any of these signs call 000 immediately.



Wendy only had facial issues and no problems with her arms or speech. But the facial issues were enough to indicate a stroke and she was rushed to hospital where they found an 8cm long blood clot in her leg.

So remind yourself, friends and family about the importance of F.A.S.T. Particularly remember that it may only be one of the signs, as in Wendy's case it was only her face, and call 000 immediately. And Wendy was only around 50 years old, so it can happen no matter how old or young a person is.

Thanks Wendy for letting us know about your experience and we hope you are doing really well.

A Spring Art Project

It will soon be Spring, a time when we experience all the fun of changing weather, sunny one day, cloudy the next. But that gives us a great opportunity to look up into the sky and enjoy the many changes and moods of a Melbourne day.

It is also a great time to encourage your children, grandchildren or even great grandchildren to look up.

Ask them to look at some clouds and see if they can see a shape. Maybe a dog, dinosaur, car, tree or even their Mum or Dad. Then take a photo with your phone and print it on a plain piece of plain paper. (If you don't have a printer ask a family or friend member who has one to print it for you.)



Then the kids can add bits like eyes, mouths or wheels.

This will be a great work of art to put on your fridge. And in future you and the children will often look up into the sky and you never know what you will see.

