

Winter

Its winter and the cold days and nights are with us. So, it's time to stay inside, watch TV and have the heater up high.

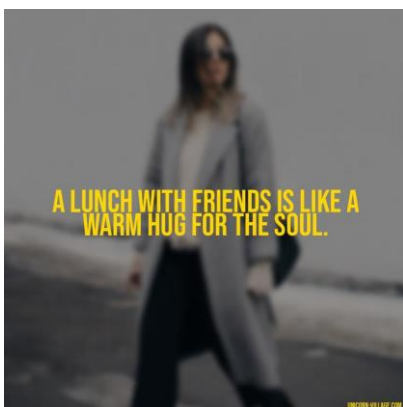
No, that's not the thing to do. Winter is a time to remind ourselves to get up, exercise and even have friends over for lunch or dinner. In other words, keep active.

Have you noticed that when you go outside it is cold, but once you start walking, gardening or better still, join a course at the Community House, that you feel warmer and happier?



We know that doing everything outdoors is not always good, for example washing the car can be cold and damp and hanging the wet washing on the line can be cold. We also know that reading a good book in front of the heater (better still an open fire) can be great. But doing a course or coming to a social group at the Community House is both warming and rewarding. Maybe come to a Yoga or Pilates course or join the FAB Group

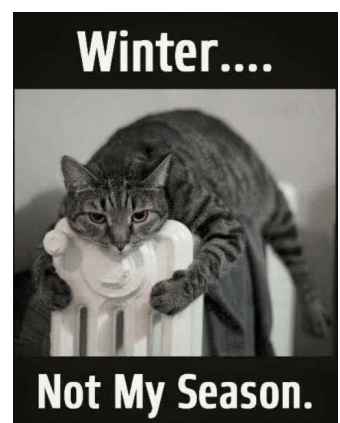
On the next day go for a brisk walk around the block, then come home and prepare a lovely hot meal for friends (or go to their place for a meal (you can take desert). Stay active, connected and warm.



- Step 1 – if you aren't already enrolled at the North Ringwood Community House, go to the website to find a course or social activity to join
- Step 2 – phone a friend (maybe someone who you met through the Community House) and invite them to lunch or dinner, or invite yourself to their place
- Step 3 – stay active and warm
- Step 4 – you can put your feet up in the warmth of home and watch some TV, but not too much.



NRCHI Newsletter July 2024



Term 3 has started

It's nearly August already. Have you renewed your courses, activities for term 3? If you haven't you are still able to do so. Just go to the NRCH website (www.nrch.org.au) and look at the courses, social groups and other activities. These include **Laughter for Wellbeing**.

This is a great way to enjoy, have fun, relax and stay warm. It recognises that laughter doesn't just lighten your load mentally, it improves you physically as well.

The course is for 4 weeks on Thursdays (10-11am) starting on August 1 and costs just \$58. To book a course or find out more call the Community House (9876 3421) or visit the website.



Gozleme and Baklava Cooking Class

As well as our regular courses and activities the Community House holds special courses and events. This includes the Gozleme and Baklava cooking class on Saturday August 24th.



This will be a great opportunity to learn to cook two amazing dishes, dishes many of us love.



Gozleme. From the Turkish word 'goz' meaning 'compartment', referring to the pocket of dough in which toppings cooked in. It dates back thousands of years in Turkey and even now it is common to see Gozleme vendors, sitting in markets and shop windows rolling their dough on large round wooden boards.

They are also not too complex and ingredients can be adjusted to suit your taste.

Imagine having friends or family over and cooking a Turkish meal and then finishing with lovely sweet baklavas.

Maybe just have them over for a lovely baklava afternoon tea or coffee.

The course will be great fun

and you get to take home the delicious gozleme and baklavas you have made. Maybe bring your son, daughter or friends and you can have fun and learn together.

The course starts at 10:00am and costs \$75.00 including all ingredients.

Did you know that Baklava varies from culture to culture? For example, in Bulgaria, Macedonia, and Serbia, baklava is made with walnuts and sugar syrup, but in Armenia, it is made with cinnamon and cloves. Israeli baklava has it all, with phyllo pastry, pistachios, walnuts, hazelnuts, and almonds,

Father's Day cookie decoration.

Fathers love a handmade gift and most like yummy biscuits/cookies to nibble on. So, with Father's Day on Sunday 1st September why not make some special cookies for him on the Saturday before.

If you are the father's parent, then bring your grandchildren to help them make a special treat for their dad. Or if you are the father's wife,

then bring your children to make special treat for him.

Better still bring Dad with you. He will love the special cookies that you, your children or grandchildren decorated, but imagining the fun if he joined in too!

The Decorating class is from 1:00 to 4:00pm on Saturday 31st August and costs \$50. This includes pre-made biscuits, ingredients to decorate and a take home pack.



Maggie Beers Big Mission

Some of you may have seen Maggie's Big Mission on ABC TV. For those who haven't it is worth watching on catch up. Over three one-hour sessions Maggie shows the importance of appropriate and healthy food, open space and connection. She looked at food being provided in a retirement home and noted that it was not what people wanted or needed. As a result, some didn't eat much and lost weight. Others found it boring and were not given choices. This impacted on their quality of life.

Maggie develops better, balanced recipes with choice so that residents had the ability to choose meals. As a result, staff did not just place a meal in front of a resident, but instead worked with them, helping them choose a meal, giving better quality of life and creating increased connection between staff and residents.

The show also made a dining room that allowed people to move around and an open space, with the help of Josh from Gardening Australia, to allow more social connection, space for families to visit and sunshine.



It was a great show that highlighted many things in a retirement home including the very important role of the staff. From the Chef to those serving resident, the role of staff is critical to maintain a high quality of life for residents.

If you know someone who would be interested in a rewarding career working with the elderly suggest they look at Maggie Beers Big Mission. Then suggest they look at the Certificate level training courses offered at the Community House.



We currently offer two fantastic courses that lead to qualifications and employment in aged care. And, being run in the Community House, they are great for all people even if English is not their first language.

- **Certificate III in Individual Support (Ageing)**
- **Certificate IV in Leisure & Health**

Maroondah Community Grants

Each year the Maroondah City Council provides grants to many organisations. This year the Community House was pleased to accept a small grants award. This will enable us to purchase a barbeque that can be used at events to help bring our community together. **Thanks Maroondah City Council.**



One of our Board members attended the awards ceremony and was amazed at the number and variety of recipients. This included groups providing food to people in need, connecting people, organising sports, encouraging activities (from singing to playing chess) and supporting better health.

During the presentation one recipient, gave a presentation as an example of what people and organisations are doing. **Big Little Buddies** brings pre-school children and aged care residents together, facilitating music-based intergenerational programs. It promotes shared enjoyment, learning, health and wellbeing outcomes for both young and old

If you, or someone you know may be interested in participating go to www.facebook.com/biglittlebuddies or contact Monique Waterhouse at biglittlebuddies@gmail.com.

Ringwood Men's Shed

The Community House offers great courses and activities for both men and women. But men sometimes like to make things and to chat with other men.



So, after doing a Pilates class, lead lighting or going on a Bush Nomads walk, how about visiting the Ringwood Men's shed. It's just behind the Community House.

The shed has three generous workshops, for timber work, metal work and light activities. Its equipment includes large and small table saws, four wood lathes, two metal lathes, bench drills, grinders, thicknesser, welding equipment and a metal milling machine. It also has an outdoor area and a lounge/meeting room with its own kitchen.

It's a great place to meet other men, have a chat and support each other. So, if you are considering joining a friendly and safe environment why not drop in. Or if you know a man who needs a friendly, supporting activity, suggest he drop in to have a look around. All visitors are most welcome.



The Men's Shed is open Monday (9:00am to 3:00pm); Wednesday (9:00am to 3:00pm) and Thursday (9:00am to 12:30pm). For more information just drop in, or go to www.ringwoodmensshed.org.au or call 9876 447