

The weather has certainly got colder

Up till a few days ago the weather has been quite mild with some lovely sunny days. But over the last few days it has got colder with some nights dropping close to, or in some areas, below zero degrees. And despite the cold, there has been very little rain.

This weather means that if you are doing an exercise class at the Community House you will be keeping fit and warm (and we have nice heaters in the rooms). If you aren't joining a class, then maybe it's time to come and try one. Have a look at the Community House website for a list of the classes.



These cooler months are also a good time to join one of the Community House social groups or craft classes. It is great to be with others in a class as you create a special object or even just to chat to others. A coffee and a chat is always great, and being Melbourne, you can always talk about the weather.

Its cold outside. I think I will go to the Community House to warm up and meet friends.

Men's Health Week

MEN'S HEALTH WEEK 9 - 15 JUNE 2025

International Men's Health

Week will be from 9 – 15 June and the Community House is offering several free activities to highlight the importance of men's health and promote and support their wellbeing.

- **Relaxed Walk & Talk** around the local area – a great way to stretch your legs, share a few stories, and enjoy fresh air and finish up with a BBQ in the Community House Garden - Sat 14 June 11am
- **Health and Exercise Tips and Guidance.** Whether you're looking to improve your diet, fine-tune your exercise routine, or simply boost your overall well-being, coach Scott will provide advice to help you reach your goals. Thur 12 June, 10am-11am
- **Muscle Strength and Balance Class.** Join a free trial of a Resistance Training Program, designed specifically for men looking to get stronger, fitter, and healthier. Key Benefits: build muscle and strength, improve overall fitness, boost energy and mental focus, improve heart health and reduce stress. Thur 12th June, 1pm -2pm





- **Tips and Guidance on Optimising Your Health with Smart Devices.** A special session with Coach Scott to explore how technology can enhance your well-being. Includes a Q&A session to help integrate health-focused digital tools into your daily routine Wednesday 11th June, 10am-11am

The activities are all free, but you need to book. Contact the Community House on 9876 3421 or visit www.nrchi.org.au

Open Men's Group

As well as the special events being held during Men's Health Week, the Community House hosts a monthly Open Men's Group. This is an opportunity for men to share what is meaningful in their life, challenges they may be facing or just stuff that's going on. It's a place where men can come and share in confidence, where they will be heard and not judged.

Experienced facilitators from the Men's Wellbeing Community provide a space to express and be heard. A space where men can feel good about themselves while listening and witnessing what's going on for other men, helping them both to heal and grow.



No prior sign-up or ongoing commitment is required, but men should arrive early to settle in and enjoy a cup of tea or coffee before the 7:00 pm (sharp) start. To ensure confidentiality, once a meeting has started others won't be able to join.

Is life challenging for you, or do you know a man who needs more connection, more support and/or less stress? Then this Open Men's Group may be exactly what is needed.

The Group meets on the first Tuesday of each month 6.45pm – 9.00pm. so the next meeting will be on Tuesday 3 June. Contact Graham for more info Ph: 0419 572 023.

Introduction to Turkish Cooking

At the Community House there are lots of weekly classes and activities. There are also special activities such as this 2-hour class on Turkish Cooking.



Turkish cuisine is healthy, delicious, affordable and most recipes are very easy to make. You can also use everyday ingredients.

This class will show you how to prepare traditional dishes and discover the rich flavours and culinary techniques that make Turkish cuisine so unique. Then you can invite friends or family to a special Turkish dinner or lunch that you can cook at home for them.

The course costs \$75 and this includes all the ingredients, and you can take home all the delicious dishes you have prepared.

From Waste to Taste – mastering the art of zero waste cooking

The Community House is hosting a free zero waste cooking class put on by the Maroondah City Council in conjunction with Open Table.

This free event is an educational and interactive cooking experience focusing on simple ways to reduce your household food waste. The facilitator will share helpful tips and tricks about reducing food waste and saving money. You will also learn how to make delicious zero waste meals.



The session will be on Saturday 31 May, 10:00 to 12:00 at the North Ringwood Community House. To book a place search “From Waste to Taste” on the Maroondah City Council website.

Open Table and Food Waste

From **Waste to Taste** is being presented by Open Table, an organisation

that runs a range of workshops and themes across Melbourne. They also share free, nutritious food at community lunches in North Fitzroy and Carlton using surplus produce that would otherwise go to waste.



The organisation started 3 years ago when a group of students and professionals in a Brunswick share house were chatting about food waste. They all agreed that something needed to be

done and founded Open Table.

On their website they note that nationally one fifth of the food we buy is being thrown in the bin. So, learning how to use food with minimal waste is important to reduce costs for everyone. It also reduces greenhouse gas. Did you know that methane from food waste is 25 times more potent than carbon dioxide from car exhausts? Learning how to use food, store food and understanding the difference between **Use By** and **Best Before** dates can all help to reduce waste and costs.

50th Celebrations

This year the Community House will be celebrating its 50th anniversary. That is 50 years of supporting the North Ringwood community.

To celebrate this milestone we are planning to have a special lunch function on Sunday 16 November, so to mark it in your calendar now. The day will provide a great opportunity for our community to get together. We are still planning the details but we will have some interesting stories about our history.

If you have any pictures or stories about your connection with the Community House please send them to the Office staff.



Maybe you remember making something at a class which you gave to a friend or still have it at home. Maybe you made friends a long time ago at the Community House and they are still friends now.

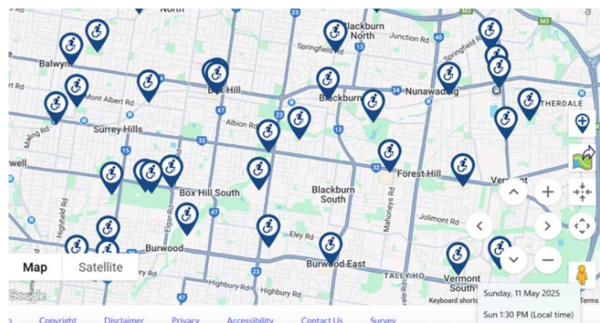
We won't be able to use everything, but a bit of variety about how the Community House has brought our community together would be great.

On the day we will have many of our course trainers and other activity organisers showing what we are currently doing. We will also have a food van, coffee and a band. So save the date in your calendar.

Where is the nearest toilet?

As we travel around Australia there comes a time when we all need to find the nearest toilet. Even around the city, when many service stations no longer have public toilets, there comes a time when you need to find a toilet. Recognising this the Australian Government Department of Health and Aged Care has produced an App showing where the nearest facilities are.

The App can be downloaded onto your phone. Go to www.health.gov.au/resources/apps-and-tools/national-public-toilet-map-app. Alternatively, type into your phone, National Public Toilet Map app. Then download the free app from Google or Apple stores.



There appears to be other maps showing public toilets, but the Department of Health map is regularly updated and there are no advertisements.

This is an app everyone should have on their phone.

Lume – closes in a few days (1 June)

Many of us have busy lives. That means it is good to sometimes switch off and go to the movies or better still, a live show. In the Eastern suburbs we are lucky to have large complexes such as the Round in Nunawading and Karralyka in Ringwood. There are also many small theatres such as 1812 in Ferntree Gully and Athenaeum in Lilydale.

So, when you feel like a break, go online to see what shows are in your area. But there is one show that you should go to soon, the Van Gogh exhibition at Lume. And the reason you must do it soon is that it is **closing on June 1**. And Lume has advised that it will not be holding any more exhibitions in Melbourne.



This is an amazing show where you can immerse yourself in the works of Van Gogh as his art works move around the walls, ceiling and floor. It is at the Melbourne Convention and Exhibition Centre, 5 Convention Centre Place, South Wharf so you can catch the train into the city and walk to the exhibition.