

50th Anniversary

This year marks the 50th anniversary of the North Ringwood Community House. That's 50 years of connecting and supporting our community.



To mark the occasion, we will be holding a fun, open day on Sunday 16th November. There will be displays of our history and information on current activities, plus food, coffee and music. By the way, to add to the occasion we are seeking historical stories/photos that some of you may have. If you have anything, please call in to the office and let us know. It will help make the occasion even more interesting for many.

The Celebrations will also be a time for the official release of the new Community House logo.

We have had our current logo for a number of years, but as we approached our 50th anniversary we thought it time to have a good look at it. And it was felt that the current logo, depicting a nuclear family,



no longer reflects NRCH's commitment to diversity and inclusion. A new logo featuring a gum leaf, symbolising the natural surrounds of Parkwood and reflecting growth and connection, was designed.

The official launch of the new logo will be at the 50th Celebration, but we couldn't keep it secret, so we decided to announce it in this newsletter. We will gradually change the logo on documents etc. but please come and join us to celebrate 50 years of the North Ringwood Community House and our new logo.



Finally, to celebrate our 50th we will be having a raffle, which will be drawn on the day. So, if you have any donations that would help make this raffle fantastic, we would greatly appreciate receiving them.

Do you have any suggestion for new courses/activities?

As we get closer to the end of the year and start thinking of next year, we want to know if you have any ideas for new courses or activities. Maybe you have done interesting courses in other places, or you have a particular skill that you would like to pass on to others.



The Community House's role is to support our community, and this means that we are always on the look out for new courses and activities. Maybe a one-day activity such as the recent

cake decorating course, or a course aimed at a particular group of people who need support. Whatever, if you have an idea, please email it to admin@nrch.org.au or pop into the office and have a chat to one of our staff.



Term 3 is ending, have you booked for next term

Term 3 is finishing, and the Community House will close on Thurs 18th, reopening for classes on the Monday 6th October, though the admin office will be open from the 29th Sept for enrolments and queries. So, have you booked your next term classes? It's easy when you are enjoying your class to forget to book for the next term.

Have you
booked next
terms classes?

Booking can be done on the Community House website or call in to the office (when we re-open).

\$100 Power Saving Bonus

The 5th round of Victorian Power Saving Bonuses is now available. To be eligible a household must have received a recent residential electricity bill and be the account holder for that bill. They must also hold one of the following concession cards:

- Health Care Card
- Pensioner Concession Card
- Veterans Affairs Pensioner Concession Card; or
- Veterans' Affairs Gold Card



As a part of the process applicants will also be required to provide a secondary form of identification such as a driver's license, Medicare card, ImmiCard or Australian Visa.

Recognising that filling out some forms can be time consuming, especially copying the supporting information, the North Ringwood Community House can help you complete all the necessary detail and submit the application on your behalf.

If you would like assistance to claim the Bonus call in to our office with you concession card, electricity bill and supporting information. If you are not sure what to bring, have a chat to our wonderful office staff.

Zumba Gold

At the Community House there are many wonderful Health and Fitness classes. Something for everyone – Yoga (including seated yoga), Seated Dance, Pilates, Jungle Body, Strong People Stay Young, Tai Chi and more. But in this Newsletter we want to tell you about Zumba Gold.



Zumba Gold is a low intensity version of Zumba, featuring the same Latin inspired music and dance moves, but with easier to follow choreography. It focusses on balance, coordination and a range of motion. It is a moderate-intensity workout perfect for all fitness levels. And it does this while having a great

time, moving to the rhythm.

No dance experience required — just bring your enthusiasm and comfortable shoes and have a fantastic time.

Classes are offered on Mondays (11:40am - 12:40pm) and Tuesdays (10:00am - 11:00am). Cost for a ten-week class is \$150 (\$145 concession).



Pilates – New Class with Fonnies

Pilates is a great way to lengthen, strengthen, and enhance your endurance, flexibility and strength.

Pilates offers a great way to move your body, build strength, and feel energised. And classes are suitable for individuals of any age or fitness level and offering a supportive and inclusive environment.



Fonnies's new classes are on Mondays (9:15am - 10:15am) and cost \$150 (\$145 concession).

Other classes (with other instructors) are on Mondays (7:30pm to 8:30pm), Wednesdays (9:15am - 10:15am and 10:30am - 11:30) and Thursdays (6:30pm - 7:30pm).



Open Men's Group

The Community House has hosted the Open Men's Group for some time. It welcomes all men who feel the need to connect with others, especially men who may be experiencing life's challenges or isolation due to their personal circumstances.



Men who may have had little or no experience in attending a men's group are encouraged to start a conversation 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 they can come and express what's going on in confidence.

If you think you would like to join the next meeting they can register on <https://www.meetup.com/mens-wellbeing-victoria/>.

Importantly, if you know someone who you think could benefit from joining this group, tell them about the OMG meetings. Meetings are once a month on the first Tuesday of each month (starting at 7:15).

OMG meetings offer respect and the space to be real. There is no judgement, no advice, more connection, more support, less stress. And they welcome any man and there are no sales pitches.

To find out more, phone Graham, the OMG Coordinator, on 0419 572 023 or go to their website. And if you, or someone you know is not in the Outer East of Melbourne, they could go online to find other Open Men's Group meeting locations

Street Library

In today's busy world, with so much information and misinformation on the internet, it is sometimes great to just relax and read a book. Maybe sitting outside in the sunshine or cuddled up inside next to a warm fire, a book can be really relaxing.



As you relax with a book you can also learn things. And unlike the internet that flashes one person or groups opinion as though it is fact, with a book you can read the words and think about them.



To help our community enjoy the benefits of reading the Community House has a large library of books inside. But, this may not be convenient to many people, for example people walking past the Community House as they take their dog to the dog park. So, with thanks to the Ringwood Men's Shed we have put a free street library at the entrance to our courtyard garden.

This means that anyone walking past can stop, find a book they would like to read and take it home. Ideally it would be great if they added a book to the library, maybe when next walked past. But replacing a book is not essential, it is more important that people take a book to read and enjoy.



The fantastic and colourful Street Library was built by the Ringwood Men's Shed, a terrific group of men who meet just behind the Community House.

The Ringwood Men's Shed goals are to share fellowship, fun and skills. To develop personal friendships and contribute to the community through community projects, foster personal growth and facilitate discussion about men's health. If you or someone you know may be interested in finding out more about the Men's Shed go to the website www.ringwoodmensshed.org.au. For general enquiries, membership or if you need a job done, call (03) 9876 4947 and leave a message, or email: secretary@ringwoodmensshed.org.au.

Scam Alert – different characters

These days we all must be very careful when we open an online document as scammers (thieves and criminals) are finding new tricks all the time. For example, a scammer can include one character from a different character set in a word that looks like an English character. For example, the word ringwood could be written a ringwood where the w has been replaced by ѡ from the Cyrillic language (used in Russia and many other countries).

Even if the link looks correct, a computer will recognise it as a different word and link to the scammers site. Always remember, never click on a link to a website unless you are 100% sure where the link came from. Or maybe type it yourself.

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