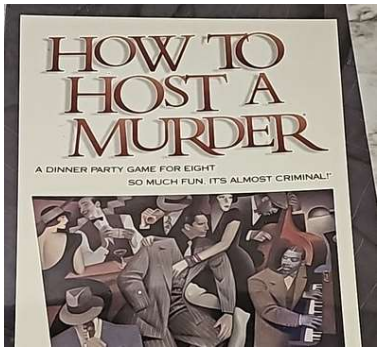
May 2026
Newsletter

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June is just around the corner

For some of you the words "June is just around the corner" may bring out an old memory of the song "Love is just around the corner". And that reminds us that although June is the start of winter, it is also the time to make sure you keep in contact with your friends and family.

Maybe after doing a course at your Community House you can have a dinner with friends while sitting in your warm home. Or invite them over for a card game, monopoly or just to sit together and enjoy a movie. For something a bit more adventurous and fun how about a Murder Mystery Dinner. These are when your friends come dressed up and play a role in a murder mystery while you enjoy dinner. Maybe you have a friend who has one of these you can borrow or you can download them online (for about $50). Just search for How to Host a Murder.



There are plenty of jobs to do outside as well, especially if you have a garden. Maybe some pruning, keeping citrus plants fertilised, sowing carrots, and silverbeet. And if you have deciduous trees there is always plenty of raking up the leaves. If you are unsure what to do in the garden, ask a friend or go online to sites such as Gardening Australia.



Whatever the weather, remember to stay connected with friends and family and there are always great courses and social activities at the North Ringwood Community House.

Have look at the North Ringwood Community House website and find this terms Course and Activity Guide by scanning our new QR code.

SCAN ME

Yu Shen resignation

Unfortunately, we must announce that our amazing finance officer, Yu Shen, has resigned.



Yu Shen has been a member of the Community House team for six years. During this time, she has done work that most of us don't see, but this work has helped enabled the Community House to continue operating, even through the very tough Covid times.

We are sad to see her go but so very pleased to have worked with her and we wish her the very best for the future.
Thank you Yu Shen!

Pilates with Brigid



Pilates is a great way to lengthen, strengthen, and enhance your endurance, flexibility, and strength — at any age. And your Community House has several courses at different times of the week.

One course is run by Brigid on Thursdays from 6:30 to 7:30pm. This means you can come after a busy day at home, after work or even after you have picked the kids up from school. If you have family at home, they could have dinner ready for you when you get back.

Brigid has been running her class since April 2025 and when asked what she enjoys most she said:

So many things! The room is so big and spacious, the people are so welcoming and friendly and we have a good time!

When asked why people enjoy the class she said:

Having a consistent timeslot to show up at a time that is convenient. And she encourages finding movements that are do-able on the day, with a dose of challenge, if that's a participants thing.

So, if you are not already doing a Pilates class then with winter just around the corner, why not join a Thursday evening class with Brigid.

Play Time

Do you have a baby, toddler or pre-school child (or children) looking for some fun time? Maybe you are a parent, grandparent or carer and you would like your child to enjoy some time to play, explore and make friends. And maybe you would also like to make friends and connect with others over a cuppa?



Each Monday the Community House play time session for young children (10:30 to 12:00) allows children to connect, play and have fun in secure indoor and outdoor areas. Each week there is also a changing selection of toys thanks to the Maroondah Toy Library.



So come along with your children so they can have some fun while you can enjoy the company of others. Remember to let any friends or neighbours with children know about this great morning activity.

Sessions start at 10:30am on Mondays and cost $2:00 per family per week.

Men's Health Week



Men's Health Week this year is officially from 15-21 June, but there are Men's Health Week events throughout June. This is celebrated around the country

and is an opportunity to shine a spotlight on men's health and to talk about how they can live happier, healthier lives.
All too often men forget their own health as they manage the challenges we all face. We also notice in the Community House that men often don't take advantage of the opportunity to connect, learn new skills or exercise. It is likely there are men who would enjoy doing a leadlighting course, joining an exercise class such as Pilates or going on walks with our Bush Nomads.

There are also other activities offered by other groups such as the Ringwood Men's Shed and U3A in the Parkwood Community Centre. Sometimes men need a little encouragement to join activities. So if you are a man, have a look at different opportunities and if you are a woman, tell your male friends to look for opportunities, especially as Men's Health Week approaches.

Men's Health Week Functions

DIY Basics and Using Power Drills

A Men's health week activity being offered by North Ringwood Community House is the **DIY Basics and Using Power Drills.** This is a free, practical, hands-on session covering essential home maintenance skills and safe use of power drills. It is ideal for beginners wanting to build confidence with basic tools or more experienced people to learn more and improve their skills.



This a free course presented by Bunnings on **Thursday 11 June** from 10:30am and includes a free lunch. It also includes a tour of the Ringwood Men's Shed located just behind the Community House. So mark it in your calendar now and mention it to others.

Maroondah Council, Men's Health Forum

To focus on men's health the Maroondah Council is offering a free community forum. This will include interesting presentations and valuable take home information. There will also be a delicious jacket potato lunch!



This Forum is to be held on **Tuesday 9 June**, 9.30pm to 11.45pm at Unit 4, Croydon Community Hub, 7 Civic Square, Croydon. To RSVP and for more information: go to the Maroondah City Council website and search for Men's Health Forum. On that site there is also information on other activities during Men's Health Week. Alternatively call the Maroondah City Council on 1300 882 233.

Lads in Lycra – Men's Health Week

Glen Park Community Centre is holding **Lads in Lycra**, a Men's Health Week community ride designed to get men moving, connecting with others and enjoying the benefits of being active outdoors. It will be a relaxed bike ride along a mapped route before returning to Glen Park at 12.30pm for a FREE BBQ and the chance to socialise.



The ride will be led by experienced riders, with additional riders supporting the group along the way to assist with things like punctures or basic bike repairs if needed. And a BBQ will be provided at the end of the bike ride. **Tuesday 9th June**, starting at 11:00am from Glen Park Community Centre, 30 Glen Park Road, Bayswater North.

For further information, contact Glen Park Community Centre on (03) 9720 5097 or email office@glenparkcc.com.au. Note the event is FREE but bookings are essential. Go to the Glen Park Community Centre website to register through Eventbrite.

Mastering the Art of the Everyday Photo



To help celebrate Men's Health Week the **Yarrunga Community Centre** is providing a FREE relaxed, hands-on session showing you how to turn ordinary moments into standout photos using just your mobile phone. No experience or fancy equipment needed. Just come along, have a go, and start capturing the moments that matter. They will even provide morning tea.

This one-off session is on **Tuesday 16 Jun** starting at 10:00am. Yarrunga Community Centre is located at 76-86 Croydon Hills Drive, Croydon Hills. To find out more contact reception (9722 8942) or email: info@yarrunga.org.au.

Community Lunch with Chef Oddie

Arrabri Community House is holding a relaxed and welcoming lunch **on Friday 19th June** (12:00pm to 1:30pm). Come and enjoy a delicious lunch prepared by Chef Oddie while taking time to unwind, meet new people and make social connections. Lunch with Chef Oddie will be a powerful reminder that looking after your health isn't just about the physical, its also about belonging, conversation and support. And why not bring a mate with you.

ARRABRI COMMUNITY HOUSE

To register contact Arrabri Community House, 42 Allambanan Drive Bayswater Nth, (phone 9720 0877 or email admin@arrabri.org)

Free Community BBQ for Men



Central Ringwood Community Centre offers a free BBQ's for men on the 4th Sunday of each month. This is a great relaxing, welcoming space where men can come together and chat about anything. But it's more than just a BBQ… it's about connection, support, and community, a chance for good conversation with others.

Fresh air & sunshine – a great way to reset and get out of the house, meet new mates and build connections that go beyond the BBQ.

The next BBQ will be **Sunday 28th June** at Central Ringwood Community Centre, 2 Rosewarne Lane, Ringwood. Phone: 03 9870 2602 or email: info@crccinc.org.au.

Other activities and information

For other information about Men's Health Week go to the Australian Men's Health Forum www.menshealthweekevents.com. This includes a wide range of information about men's health including, in its news section, information on current men's health issues and Men's Health Week chats. There is also an invitation for people to chat about men's health in their workplaces, communities and social groups.

AMHF
AUSTRALIAN MEN'S HEALTH FORUM

Men can sign up for a series of free online lunchtime chats on topics such as Prostate Cancer, Stroke Awareness, Men's Health Facts, Ask Your Pharmacist and Helping Mates.