

# STONNINGTON ALFRESCO



→ Touching Base June 2020

**Welcome to the second very special lounge room edition of 'Alfresco Touching Base', bringing you activities and experiences to keep you engaged, safe and active during this time at home.**

Alfresco aims to help you maintain your community connections and raise your spirits during this challenging time. There's plenty of ways to stay connected while staying at home. Take the opportunity to meet new friends virtually using Zoom or Skype; maintain your fitness and wellbeing; or join in for a regular phone chat.



***Although State restrictions are expected to change during June, the way we do things will need to change. This may take a little time to put into place. We will keep you updated when we have more news.***

## Victorian Seniors Festival 2020

This year we are bringing the Festival direct to your home through online performances, zoom interviews and story-telling, with three new broadcasts during May and June.

2020 is the Festival's 38th year. We invite you to get in the groove - with performances from many of your favourites and some new performers for you to enjoy.

Working to social distancing rules, our hosts Tristan and Bec meet our performers from the comfort of their own homes using technology in ways we never knew were possible.

We've had a lot of fun creating and reimagining the Festival for you, and we hope you enjoy it - and sing along!

***And get in the groove!***

Here is the link to watch the broadcasts:  
<https://www.seniorsonline.vic.gov.au/festivalsandawards>

***Reimagined radio to come too!***

In June we will commence with radio broadcasts of plays, serials and music features. We will keep you informed about this and how to tune in.

**Victorian  
Seniors  
Festival  
Reimagined  
2020**

*in the groove*

## Touching Base – with craft at home

### *Every Wednesday*

When young wombats, wallabies, kangaroos, bandicoots, gliders come into the care of wildlife carers, they need to be kept warm and comforted. Join our group from the comfort of your own living room to make cosy pouches for rescued wildlife. Connie, your facilitator, will stay in touch with you each week over the phone to instruct you on what to do and to see your progress. All you need is a land line phone to join us. We'll drop off materials to you and then collect your finished pouches (keeping social distancing, of course!).

This project will be supporting the work of Wildlife Victoria, the preeminent wildlife rescue service in Victoria, and all the pouches will be donated to them.

It's a great way to stay connected with others while you contribute to something worthwhile.



If you would like to join, contact us on **8290 1333** or email us at: [AlfrescoSocial@stonnington.vic.gov.au](mailto:AlfrescoSocial@stonnington.vic.gov.au)

## Probus Mens Club of Malvern

The Probus Club is for retired members of the Stonnington community who would like to partake in intellectual and cultural interests, social interaction and enjoy the company of friends.

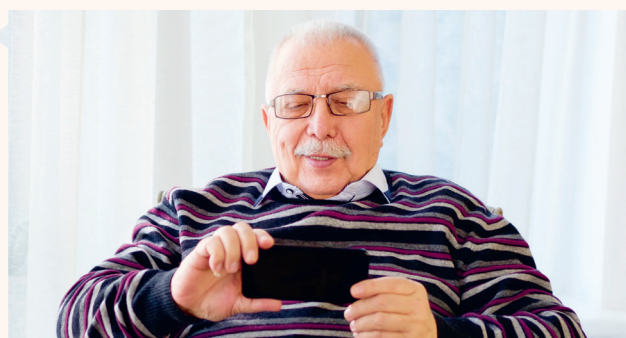
We have continued to maintain our fellowship via "Zoom" during the suspension of our regular meetings due to COVID-19.

If you wish to join us, discuss future involvement and membership please call Don Jones on **822 6791** or **0411 744 542**.

## OMNI - Men's Friendship Group

OMNI (Older Men New Ideas) Touching Base is a social support group for older men who are interested in keeping in touch by discussing topics of interest, sharing knowledge and experiences and creating mate ship.

Led by our facilitator Sergio, we'll be in contact with you via phone and have regular chats to discuss what we've seen on documentaries and topical shows, share our observations and thoughts on interesting articles, history, geography, the arts, trades and more.



A great opportunity to contribute by both sharing and listening.

If you would like to join, contact us on **8290 1333** or email us at: [AlfrescoSocial@stonnington.vic.gov.au](mailto:AlfrescoSocial@stonnington.vic.gov.au)

## Touching Base - Friday Fit Club via Zoom

*Every Friday 10.30am*

This functional exercise class caters to active seniors at all fitness levels. From your own living room join our qualified fitness instructor Megan as she takes you through a series of exercises designed to make your body feel and function better day to day. During the class you will be taken through a range of exercises that are designed to enhance all aspects of physical fitness including strength, mobility, balance and cardiovascular fitness.

email us at:

***AlfrescoSocial@stonnington.vic.gov.au***  
to join the class and we'll send you the details and Zoom link.

## Community singing, remotely!

*Tuesdays 1pm*

Join us for a fun singalong via Zoom!  
It's a feel-good session where music lovers come together, interacting and singing songs you love.



We'll provide you with the song words to sing along to with professional musician and qualified singing teacher, Kaaren, who has a selected repertoire of popular songs that will leave you feeling great!

To book for this weekly class email us at:  
***AlfrescoSocial@stonnington.vic.gov.au***



## Healthy Mind & Body classes on Zoom

*Thursdays, 10.30am – 12pm*

We're bringing exercise and laughter to you in your own home! Join us weekly for good cheer healthy body workouts laughter yoga, relaxation exercises and more.

All you need is a smartphone, iPad, laptop, computer or tablet and internet connection.

Mahes, our qualified facilitator, will send you a daily text to keep your spirits high and your immune system strong with laughter exercises. Once a week you'll receive an email or text with a Zoom link so you can join in our weekly class.

To book this class email us at:

***AlfrescoSocial@stonnington.vic.gov.au***



## Council's Garden Waste service has turned into a Food and Green Waste service.

Everything else is the same – same bin, same collection day – only now you can add in food waste. Along with your lawn clippings, prunings and leaves, you can now throw fruit and vegetables, leftovers, cheese and eggshells, onions and citrus and even cooked meat in your Food and Green Waste bin.

To help you collect the food waste in your kitchen, Council is giving away a free kitchen caddy to every household with an existing Food and Green Waste (burgundy) bin.



If you have a burgundy bin, and have not received your caddy, you can call **8290 1333** to order one or email [environment@stonnington.vic.gov.au](mailto:environment@stonnington.vic.gov.au) with your name and full address and a caddy will be delivered to you.

## Touching Base - With you

Being isolated at home can have its ups and downs. If you would like to have a regular call with the Alfresco team, please let us know and we will book it in!



To register your contact details.  
Phone **8290 3207**.

## Aged services - Ready to Help




Our home care, personal care, delivered meals and home maintenance programs are still operating. Our services can also assist with regular support with shopping so that you do not need to leave the house. Services can be for a short-term basis or as required.

Contact Aged Services intake services on **8290 3224** to see how we can support you to stay home safely during this time.

## How to contact Council

Public facing customer service centres are closed but our customer service team is still receiving and responding to requests and questions via phone and through online channels. Alternative ways to contact us are:

 Calling our team on **8290 1333** (general enquiries) or **8290 3329** (planning specific enquiries)

 email: [council@stonnington.vic.gov.au](mailto:council@stonnington.vic.gov.au)

 Request a service via the website: [stonnington.vic.gov.au](http://stonnington.vic.gov.au)

 Send a direct message via [facebook.com/stonningtoncouncil](https://www.facebook.com/stonningtoncouncil)