

# Stonnington **ENGAGED**

CONNECT • EVOLVE • FOCUS

## ➔ **ART IN THE PARK**

*Mindfulness and Creativity  
at Grattan Gardens, Prahran.*  
PAGE 02



## ➔ **ARMCHAIR DAY TRIPS AROUND THE WORLD**

*A virtual vacation all  
from the comfort of your  
own armchair. PAGE 05*

## ➔ **ENGAGED PROFILE**

*The University  
of the Third Age  
(U3A) Stonnington  
continues. PAGE 10*

## ➔ **ACTIVE STONNINGTON – AT HOME OR NEAR YOU**

*Engage with your  
community. PAGE 09*

# Welcome to Stonnington Engaged

## We are delighted to announce – Alfresco is Engaged!

2020 wasn't the year we thought it would be. It was a year of challenge and change. But more so, it was a year of our community coming together. As we head into 2021 and what we now know to be as COVID normal, it seemed the perfect time to launch Stonnington Engaged.

Stonnington Engaged is about connection with community and others, evolving gradually to new times and focusing in on new interests and activities.

With so many things to do, Stonnington Engaged print edition will be distributed seasonally, with the Stonnington Engaged email edition updated monthly. Please make sure you have subscribed for our online updates, by heading to our webpage or contact us via the details on the back page.

There's plenty of ways to stay connected at the moment. If you have a landline, smartphone, or device and want to keep up to date we can assist you in being connected. Give us a call on 8290 3337.

Enjoy reading the first edition of Stonnington Engaged, we certainly loved every moment of creating this new program and look. And we, hope to see you online or in person soon.

*Your Stonnington Engaged team.*

***“The secret of staying young is to live honestly, eat slowly, and lie about your age.”*** LUCILLE BALL



## Contents

SUMMER 2020 / 2021

- 03 ENGAGED in person
- 04 ENGAGED online
- 06 ENGAGED at home
- 08 ENGAGED communities
- 10 ENGAGED profile
- 11 ENGAGED information
- 12 ENGAGED at a glance

**ENGAGED IN PERSON**

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

## Move it in the park at Grattan Gardens, Prahran

*Thursdays, 10am*

*December 10, 17,*

*January 14, 21, 28,*

*February 4, 11, 18, 25*

Join us in the park for a free, fun and light paced exercise class this summer, aimed to keep you moving and enhance your well-being. Our qualified instructor will give you the choice to use a chair or to stand while, taking you through gentle cardiovascular, muscle strengthening, stretching and balance exercises. Remember to wear comfortable clothes, flat shoes and to bring along your water bottle.

## Walk and talk buddies

*Wednesdays, 10.30am*

*December 16,*

*January 13, 20, 27,*

*February 3, 10, 17, 24*

What's better than getting yourself active, walking in gorgeous surrounds and enjoying the great outdoors? Walking with a buddy, of course! Walking can help you de-stress, improve your fitness, mental health and contribute to a sense of wellness. Walking with others can only make it more fun. Different location each week, whether you enjoy a leisurely, moderate or brisk walk. Anyone can join in this free activity as long as you book!

## Mindfulness and creativity - art in the park at Grattan Gardens, Prahran

*Mondays, 10.30am*

*December 7, 14,*

*January 11, 18, 25,*

*February 1, 8, 15, 22*

Relax and learn mindfulness techniques as you explore the beauty of nature through drawing, painting and observation, led by professional facilitator, Gabby Willmott. Create a personal, expressive artwork in response to nature in the company of other art enthusiasts and enjoy the surrounds of this class held in the park.

You will use a range of mediums (watercolour, pen, oil pastel, pencil) and we encourage you to bring your own art materials or we can supply them, at your request.



## ENGAGED ONLINE

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



## Community cooking classes

*Indian vegetarian samosas with yoghurt and mint sauce*

**Friday 18 December 4 – 5 pm**

A cooking instructor and his assistant will facilitate the step-by-step class, providing guidance and support as you go. Share a delicious cooking experience in the comfort of your own kitchen over zoom.

## Table Talk

*Access and Inclusion in Stonnington*

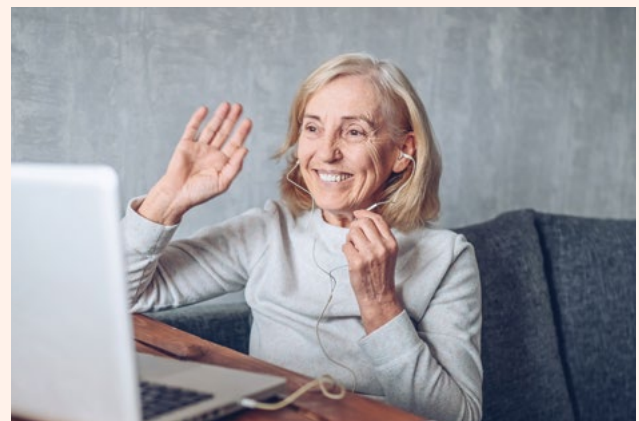
**Tuesday 8 December, 10.30am**

Stonnington's Access and Inclusion officer, Alana Lucas will present on how COVID has impacted on people with disability, how it has changed us and some of the ways we have maintained connection during this time. We will also have a member from Council's Stonnington Disability Access Committee who will generously share their experience of COVID as a person with a disability.

*Meet a Dietician Webinar*

**Tuesday 19 January, 10.30am**

Find out about topics such as food for mood, healthy eating tips and snacks, food and the immune system.



*Beyond Blue*

**Tuesday 16 February, 10.30am**

Many people over 65 still seem to feel there is a stigma attached to depression and anxiety, viewing them as weaknesses or character flaws rather than a genuine health condition.

Join us to hear Beyond Blue's guest speaker who will share their experience, to raise awareness of depression and anxiety, reduce stigma and encourage people to take action.



## Armchair day trips Around the world *with Zoom*

*Wednesday 9 December, 10.30am*

### **Tasmanian Experience**

Join us for a road trip tour around Tasmania, it's a tour experience which will leave you feeling like you've travelled with friends.

*Wednesday 20 January, 10.30am*

### **By train across Sri Lanka**

This 270km train ride takes you from Colombo to Ella in the highlands, via Kandy.

*Wednesday 17 February, 10.30am*

### **Escape to the Chateau**

Watch the first episode of this popular series and join us for a discussion before you become addicted to the rest of the series.



## All about gardens via video Zoom or telephone Zoom

*Thursday 10 December, 21 January,  
18 February, 2pm*

During the summer months you'll hear from gardening experts, including from our own Parks and Environment team to provide you with information and advice on how to keep your garden alive and vibrant this summer. They'll discuss mulching, what's in season and what's not, and more not, and more.

**ENGAGED AT HOME**

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

## I Am Smartacus

### *Armchair quiz games by phone*

*Every Monday, Tuesday and Wednesday in December (except 14, 21, 28), January (except 4 and 11) and February, 10.30am*

Stimulate your mind with brain teasers and join in a small group chat with other trivia enthusiasts over the phone.



## Craft at home

### *Every Wednesday*

Material supplied to knit squares to join together to make blankets for the elders of the Aboriginal community in Katherine, Northern Territory. Contribute from the comfort of your home. Chat every Wednesday about your progress.

## OMNI - Men's friendship group by phone

Have regular phone chats about documentaries and topical shows, share observations and thoughts on interesting articles, history, geography, the arts, trades and more.





## Fit Club via Zoom

*Mondays at 3pm and Fridays, 10.30am*

Exercise classes for active seniors at all fitness levels. Via Zoom our fitness instructor Megan will take you through a series of exercises designed to enhance physical fitness including strength, mobility, balance and cardiovascular fitness.



## Community singing

*Tuesdays, 1pm*

Qualified singing teacher, Kaaren, leads you for a weekly, feel-good singalong with others via Zoom.

## Healthy Mind & Body classes via Zoom

*Thursdays, 10.30am – 12pm*

A weekly Zoom session of a healthy body workout for all fitness levels with laughter yoga, relaxation exercises and more. Qualified facilitator Mahes, will send you a daily text with laughter exercises as well.

## Building digital device confidence



If you are just starting out using a new digital device such as a Ipad, or tablet or a smart phone and would like to trouble shoot with a friendly voice.

> Call the Engaged team to see if they can help on **8290 3337**.

## ENGAGED COMMUNITIES

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

## Probus

*Fun, Friendship  
and Fellowship in  
Retirement*



Probus provides the opportunity to join together in Clubs and to progress healthy minds and active bodies through social interaction and activities with retirees in your community.

Probus opens the door to new experiences and friendships, you can hear wonderful guest speakers, stay active by participating in a wide range of activities and explore your community, your country or the world.

- > Contact Richard – **0408 574 453** or email [malvernprobus@gmail.com](mailto:malvernprobus@gmail.com)

## Community transport shopping trips are back!

If your looking for a safe and fun way to travel to the Prahran Market, Malvern Central or to visit Chadstone, have you thought of catching the Community transport service?



- > Give us a call for details **8290 3224**. There is always space for one more!



## Stonnington Libraries are here for our older community

Whether you want to have a chat about books, films or music, need basic troubleshooting on setting up a new device, or want to get started on our extensive eLibrary, Stonnington Libraries can help.

Call us between 10am – 4pm Monday to Friday for over-the-phone assistance or simply to have a chat with our friendly staff.

Libraries are now open with controlled numbers of people.

- > **Malvern Library: 8290 1366**
- > **Phoenix Park Library: 8290 4000**
- > **Toorak/South Yarra Library: 8290 8000**





## Malvern Valley Golf

The Malvern Valley Golf Course is open with a COVID-19 safe plan in place, you can find more information on their website.

- > Call **(03) 9568 4433** now to book and start playing at Malvern Valley today!  
***[www.stonnington.vic.gov.au/Community/Parks-and-sporting-facilities/Malvern-Valley-Golf-Course](http://www.stonnington.vic.gov.au/Community/Parks-and-sporting-facilities/Malvern-Valley-Golf-Course)***

## Prahran Aquatic Centre

The 50 metre outdoor pool has reopened for lap swimming, bookings are essential.

- > For details see – ***[www.stonnington.vic.gov.au/active/Swim/Our-pools](http://www.stonnington.vic.gov.au/active/Swim/Our-pools)***



## Active Stonnington

Visit Active Stonnington for ideas, inspiration and resources. Keep fit, reduce stress and boost your immune system with Active Stonnington.  
***[www.stonnington.vic.gov.au/Community/Active-Stonnington](http://www.stonnington.vic.gov.au/Community/Active-Stonnington)***.

If you have any questions or have suggestions about resources that could support you to stay healthy at home,

- > Contact Colette – **8290 1421** or email ***[activestonnington@stonnington.vic.gov.au](mailto:activestonnington@stonnington.vic.gov.au)***

### Active Stonnington

Keeping active and forming other healthy routines boosts our physical health. If you have any questions about resources that could support you to stay healthy at home, please phone Colette on **8290 1421** email: **[activestonnington@stonnington.vic.gov.au](mailto:activestonnington@stonnington.vic.gov.au)**

## ENGAGED PROFILE

# HOORAY! U3A STONNINGTON CONTINUES

**The University of the Third Age (U3A) provides opportunities for companionship and activities for interest and enjoyment.**

Our community can be found - COVID permitting - in a Victorian house, just down from Glenferrie Rd, in Valetta St Malvern, just recently renovated by Stonnington City Council.

Like most organisations in Victoria, U3A have continued to offer programs and activities, whilst meeting in a COVID safe environment. Many classes are now delivered online using Zoom. In order to maintain physical and mental health it is important to remain connected with others, including family. U3A adds another dimension to your social health and well-being.

Join a lively group discussion or lectures on religion or politics, history or art, poetry or science. When restrictions allow it, a series of interesting walks will be offered.

U3A have assistance and workshops to help you learn ZOOM if you are not confident, or don't know where to start, especially if you haven't used ZOOM before. You can use your computer, tablet or mobile phone.

U3A is a safe dynamic hub for those looking for fun, friendship and stimulating activities.

U3A Stonnington welcomes anyone who is interested in participating in our programs, regardless of education level or your field of endeavour. Qualifications are not required or awarded.

Meeting new friends on Zoom can be tricky at first, but once you get the hang of it, it is fun. Everyone is friendly and welcoming.



***U3A Stonnington adds life to years - but we need you to participate!***

Volunteering can add to your enjoyment. Would you like to present a session or volunteer to help keep U3A the dynamic organisation that it is? We need people with people skills, publicity, creative writing, program planning and people who have or are willing to share computer and Zoom expertise.

Phone: **9500 1288**

Website: **[u3astonnington.org.au](http://u3astonnington.org.au)**

Email: **[mail@u3astonnington.org.au](mailto:mail@u3astonnington.org.au)**

Address: **1-3 Valetta St Malvern 3144**

## ENGAGED INFORMATION



## Mental health providers and other contacts:

- > **Beyond Blue - 1300 224 636**  
Coronavirus Mental Wellbeing Support Service.
  - > **Life Line - 13 11 14**  
24 hour crisis support and suicide prevention services.
  - > **Switchboard Victoria - 1800 184 527**  
(3pm - 12am, 7 days a week) -  
Telephone and web counselling, information, and referral service for LGBTIQI people.
  - > **Elder Abuse Hotline - 1300 368 821**  
Everyone has the right to be safe.
- > **Coronavirus Hotline - 1800 675 398**  
24 hours. If you think you may have COVID-19, you can call the hotline for information. Call **000** in a medical emergency.
  - > **National COVID Older Persons Information Line - 1800 171 866**  
Personal support, questions and guideline information specifically for older people and their carers.
  - > **National Dementia Helpline - 1800 100 509**  
The national helpline provides information and advice about Dementia and COVID-19 during business hours.

## Subscribe to our newsletter:

You can now get your Stonnington Engaged newsletter electronically. If you would like to receive a copy of Engaged each month directly to your inbox, you can subscribe online to our email distribution at:

**[stonnington.vic.gov.au/subscribe](http://stonnington.vic.gov.au/subscribe)**

Or you can call us on **8290 3224** or email us at **[engaged@stonningtonvic.gov.au](mailto:engaged@stonningtonvic.gov.au)** to request our seasonal newsletter copy to be sent to you in the mail.



Group gatherings are adapting outdoor events, in line with state and federal government direction about physical distancing. The events in published in Stonnington Engaged will be available to registered attendees only. All events will adhere to COVID safe practices. Please note that these classes will be cancelled in wet weather or extreme heat days, and be cancelled if directed to do so by DHHS public health directives. The safety of our Stonnington Engaged community is paramount.

## ENGAGED AT A GLANCE



# *The Stonnington Christmas spirit will go on.*



***Sunday 13 December 2020, 7.30pm***

**Join us this December as we stream Christmas spirit right to your home.**

Hosted by the one and only Rhonda Burchmore and featuring Bonnie Anderson, Alinta Chidzey, Zahra Newaman and big band jazz ensemble The Jack Earle Big Band.

This event will have you swinging and singing along with Christmas classics.

Enjoy the concert from the comfort of your own home or gather with friends and family at one of our outdoor screening locations.

If restrictions allow this concert will be streamed on a big screen in Prahran Square and Central Park.

***[www.stonnington.vic.gov.au/Events/Stonnington-Carols](http://www.stonnington.vic.gov.au/Events/Stonnington-Carols)***

## How to contact Council

The Stonnington customer service centre at 311 Glenferrie Road is now open. The Prahran Town Hall and Stonnington Depot customer service centres, remain closed until further notice. You can still contact us:



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://facebook.com/stonningtoncouncil)**

The City of Stonnington acknowledges that we are on the Traditional land of the Boon Wurrung and Wurundjeri People and offer our respects to their Elders past and present. We recognise and respect the cultural heritage of this land.