

Connect Victoria Park

THE AGELESS

FREE

PLEASE TAKE ONE

**CONNECT 60+
WHAT TO EXPECT**

**CHRISTMAS
CELEBRATIONS**

**WHAT'S COMING
UP IN THE NEXT 3
MONTHS**

For those who know that age is just a number

VILLAGE HUB MEMBERSHIP

Become a Member today for less than a dollar a week!

- Feel part of a community.
- Meet others with similar interests and expand on them together.
- Ask for assistance from other members when you need it. or offer to help, enabling us all to age well in the community we love.
- Access to Member Help Centre for free one on one help.
- Access to exclusive member newsletter and online content.
- Get great satisfaction in helping others by becoming a group leader, kitchen volunteer, event helper or doing small tasks for fellow members.
- Receive more than 30% discount on over 10 classes per week including Art, Dance and Fitness.
- Access to class packs providing further discount on our well priced classes.
- 20% Discount on already subsidised podiatry services.
- Attend social activities such as Community Lunch and Special Events at discounted member rates.

CLASS PACKS

Become a Village Hub Member for just \$50.00 per year and pay as little as \$3 for individual classes (with class packs)

5 CLASS PACK

\$25

Attend any five classes
(\$5 per class)
Valid for 2 months

15 CLASS PACK

\$60

Attend any fifteen classes
(\$4 per class)
Valid for 2 months

30 CLASS PACK

\$90

Attend any thirty classes
(\$3 per class)
Valid for 3 months

To Join



INCLUDED CLASSES

- Active for Life
- Active for Life -Circuit
- Art Class
- Ballroom Fit
- Chair Yoga
- Improvers Line Dancing
- Pilates
- Rawhides - Beginners Line Dancing
- Shibashi Tai Chi
- Yoga
- Zumba
- Zumba with DJ

FROM THE EDITOR

As we put together this final edition of The Ageless for 2024 we have reflected on some of the highlights of the year but even more we are looking forward to the next three months leading up to Christmas.

This year we launched an app for android phones, (we are still following up Apple), we also introduced the Member Measurement Days allowing for members to track their own wellness over time. Attendances in all of our classes and groups has been on the increase and we have seen a significant increase in numbers in our Be Connected and Be Confident capacity building programmes. This year The Town of Victoria Park Council voted unanimously to increase our funding for the next 3 years to \$100,000 per year allowing us to continue to grow and develop the Village Hub.

This year we have been having more conversations with our members both individually and in groups to find out what you want from your Village Hub. What you like, what you don't like and what you would like to see more or less of. This helps us to deliver the very best Village Hub experience for our members.

On 25 October we will be rebooting the Connect 60+ Mind Body and Soul programme this programme has been co-designed with members and we anticipate will continue in the new year. You can find out more details on page 5.

There are a lot of special events coming up including The Grey Line movie screening, Melbourne Cup Lunch, Afternoon Tea with the Mayor and our Christmas Celebrations. We hope that you enjoy the rest of 2024.

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There is always a celebration at our Line Dancing Class





THE SEVEN DIMENSIONS OF WELLNESS

Environmental

Environmental factors contribute significantly not just to how we age, but also to the way we feel about our overall quality of life. Did you know that our environment can increase our overall happiness, boost our sense of wonder and help us to enjoy life more? Having access to nature, whether through parks, trails, footpaths or natural bushland can offer a significant boost to our social, psychological and emotional wellbeing. Factors like fresh air, clean water and minimal stress have a direct effect on our longevity.

One of the easiest activities that we can do to spend time in nature is to add walking outside to our routine.

When walking in a natural setting like a beach, bushland or in the park it is important to

soak in the surroundings. Slow down, look at the trees, listen to the water, hear the birds or see the sun peeking through the clouds, Exposing our senses to nature is good for the mind and the body.

The Village Hub's, Older Adults Outdoor Adventure walking groups operate approximately every 3 weeks and each one explores a different outdoor walk. Walking with friends gives our mental and emotional health an even bigger boost from the social interaction whilst our body benefits from the physical activity.

The Village Hub also provides other opportunities to get outdoors. including Social Cycling, the fantastic Footy Fitness/walking footy program (that we deliver in partnership

with the West Coast Eagles) and the inter-generational Grubs 'N' Bugs, a gardening playgroup at the Victoria Park Community Gardens.

The Out 'N' About series of coach trips and smaller excursions allow for travel further a field and a different outlook.

While we benefit from time spent outdoors, it is also important consider our indoor spaces. Australians spend 90% of their time indoors. This means that the things in our homes and the way we spend our indoor time can have an impact on our health.

At the Hub we have brought nature inside, we let in fresh air on pleasant days and create a space for creative and calm activities.

INTRODUCING THE NEW CONNECT 60+

A New Era of Active Ageing at the Village Hub

Over the past few months, we've been engaging with members to shape our new programme, the reboot of Connect 60+. With a combination of group sessions and individual conversations, we gathered feedback and suggestions that contributed to design a programme tailored to your needs and aspirations.

We want to thank the members who have contributed their ideas and enthusiasm so far. We will continue to gather your feedback, so please join us and share your thoughts. Your ongoing input will be instrumental in shaping Connect 60+ into the future!

What is Connect 60+?

Connect 60+ is a 7-week course of interactive, informative, and engaging workshops taking place at the Hub every Friday morning. With a different activity each week, these sessions are an excellent introduction into the Village Hub's holistic approach to wellness.

Each week the course will explore a one of the Dimensions of Wellness from the Seven Dimensions as set out by the International Council of Active Ageing (ICAA).

Beyond the activities already offered at the Hub, Connect 60+ will creatively explore mental well-being, creative pursuits, sleep, brain training, balance, and nutrition and much more - all designed to enrich your experience and support your wellness journey as you age.

We recognise that our members are already on their wellness journey with us, so we encourage all members to drop in to as many sessions as they think will be of benefit to them. These can be paid for individually or with class packs as with any of other class at the Hub.

The programme kicks off with a measurement session to help participants track their progress. Each workshop will conclude with a feedback session, allowing participants to share their thoughts and connect with peers and friends, whilst providing valuable information to further develop the programme and inform future sessions.

We hope you will join Connect 60+, not just to learn, but to make new friends, and to join our amazing community!



WHICH ICON IS THAT?

We have all at one time or another looked at our device and wondered what a certain icon meant?

Have you been too worried to click or tap on something because you didn't know what it would do? The Be Connected Icon Glossary shows you the most common icons found across all devices and explains what they do.

From navigating around your device and connecting it to Bluetooth and your Smart TV, to making video calls or cropping your photos, get to know some of the features on your device with the Be Connected Icon Glossary to common technology icons. Here is a handy list to keep.



You can find out more about this and other topics by attending the Village Hub's monthly Be Connected sessions, or you can book a Member Help Centre appointment with a Village Hub Volunteer or staff member.

COMMUNITY HOUSING - benefiting the entire community

Housing instability and homelessness are on the rise and have been for a few years now. With the private rental market becoming more and more out of reach for low- and moderate-income earners, it is becoming increasingly clear that one of our most vulnerable demographics (over 55's) are at risk of having nowhere to live.

Evidence shows time and again that stable affordable housing and security of tenure help to lead to better social, economic and health outcomes for the whole community. Secure, affordable housing can help increase economic and community participation, and result in a reduction in cost to the government.

Community Housing is affordable housing for people on low to moderate incomes who meet the income and asset criteria outlined by the state government. Connect Victoria Park is a supportive and inclusive landlord organisation who provides person centred community housing for over 60's, helping our tenants to remain in their homes and part of the community for as long as possible.

Social support and inclusion are a multi-faceted concept that is not a one-way relationship. It relies on the ties people have with other individuals, groups and the wider community. Connect Victoria Park aims to provide more than a roof; our unique Housing + Hub model helps to provide links to community and



support networks, to help individual tenants sustain their tenancies and ensure that we help reduce the presence of social isolation and loneliness.

Social isolation and loneliness are a serious public health risk, and can lead to poor health, mental health concerns, suicidal ideation, lower immune function and an increased chance of developing dementia. Connect Victoria Park has an open-door model where tenants can come in at any time during business hours for assistance, support, to join in on one of the many activities at the Housing Hub or to just have a chat.

Connect Victoria Park and other community housing organisations are here to improve tenant outcomes and protect vulnerable tenants, which are key principles underpinning the Community Housing framework, and which benefit the entire community.

If you or someone you know would benefit from Community Housing, contact our office on 9361 2904 and speak to one of our housing team.

Meet a Member JOVY LONG



Jovy has been a member of The Village Hub since 2017. She initially joined for line dancing but soon began exploring other classes. Through the Hub, Jovy became friends with many of her neighbours, with whom she had only exchanged brief greetings. One such neighbour, Yootwah, lived just a few houses away for 25 years. Since joining the Hub, Jovy has enjoyed connecting with familiar faces from around Vic Park that she had never had opportunity to speak to before. She loves the diverse range of people and the social connection at the Hub.

Jovy started the Mahjong group after meeting Leena in the craft group. Although not an expert, she was eager to learn, and the Mahjong group has become a space where everyone learns from each other. She values the knowledge gained from other members, like Margie, who helped her with conversational English. The Mahjong group is now a staple of Wednesday mornings in the Village Hub.

Jovy is an active volunteer at the Hub. She always lends a hand at events and has volunteered to assist our tenants. She loves spending time with them, particularly hearing their childhood stories. Jovy says she enjoys making a positive impact on people's lives, even in small ways.

MENTAL WELLBEING AND AGEING

Being mentally healthy is important as we age, as it can increase your capacity to live a healthy and fulfilling life. Changes to employment, lifestyle, and physical health can all influence mental health.

Studies examining the transition into older adulthood identified that the number of relationships typically decrease. In addition, life changes such as becoming empty-nesters, moving to a smaller house, losing a spouse and changes in health can disrupt socialising. It is also common for relocation to occur in retirement, and this can cause a loss of supportive friendships.

Act: Do something

Keep active – mentally, physically, socially, spiritually, culturally...

Being active across all aspects of life is a great way to be mentally healthy as you age. You could keep physically active through walking and exercise, or socially active through speaking to friends or family members.

Belong: Do something with someone

Keep connected – to friends, family and your community. Being engaged with and feeling part of a community is a way to create a sense of belonging for yourself and others. Being connected is a way to improve your wellbeing and mental health.

Commit: Do something meaningful

Do something meaningful, important and valuable to you. Using your free time to engage in activities that are meaningful can have a positive effect on your wellbeing.



With a good support system and the Act Belong Commit principles, improving mental wellbeing and increasing levels of social connection is possible for older adults.



THE NEW AGED CARE BILL

What Will It Mean?



On September 12, 2023, the Australian Government introduced the Aged Care Bill 2024 to Parliament, establishing a new Aged Care Act that will govern the aged care system. The Bill will undergo scrutiny by a Senate Committee, which may hold public hearings. Upon passing both houses of Parliament, it will be signed by the Governor-General and is expected to take effect on July 1, 2025.

Key features of the Bill include a Statement of Rights for older Australians, a response to the Aged Care Taskforce's recommendations, and enhancements to the Support at Home program. It aims to strengthen Aged Care Quality Standards and empower the Aged Care Quality and Safety Commission. The proposed changes will impact service delivery in residential and community settings, ensuring safety, respect, and quality of life for older people.

Financial reforms include means-testing for everyday living costs in residential care. Individuals with significant assets or income will no longer receive subsidies for daily services. A new deferred rental payment model will be introduced for those using lump-sum deposits. Additionally, a \$4.3 billion investment will fund the Support at Home program, with contributions based on means testing, ensuring sustainability and equity within the aged care system.

SHARE WITH THE MAYOR

We look forward to catching up with Mayor Karen Vernon on Thursday 14 November. Karen will be joining us for afternoon tea and will be sharing what is happening in and around the Town of Victoria Park. You will have the opportunity to share how you feel about living in the Town and any feedback that you have on issues, concerns or areas that could improve to make living in Vic Park even better.

The Town of Victoria Park are major supporters of the Village Hub in Western Australia. The Town is a dynamic place for everyone.

Karen has visited The Village Hub on a number of occasions during her tenure as Mayor and is always more than happy to spend the time to chat with our members.

We hope that you will take up this opportunity to spend some time and Share with our Mayor.



LADYBIRDS

The Natural Pest Controller

Vic Park's favourite garden and home store is abuzz with excitement now as visitors come from near and far to purchase ladybird eggs!

Urban Revolution on Albany Highway is the only place in Perth that you can purchase these wonderful beneficial insects for your garden. Beneficial bugs are a brilliant, natural, spray-free way to manage pests in your garden. Australian ladybirds are an exciting tool in the home gardener's natural pest control kit, and also provide the most wonderful hands-on home science lesson for children.

These much-loved beetles are amazing predators of aphids, mealy bugs, mites, scale, white fly, caterpillar eggs plus other insects. An adult ladybird can eat thousands of aphids during its life. Ladybird larvae are also ferocious eaters of aphids.

The ladybird eggs are bred in Perth by the Marvellous Minibeasts team. Founder Danica McCorquodale is an entomologist and researcher at UWA. Prompted by a friend, she started breeding insects for education in 2020. She breeds the ladybirds in enclosures on the kitchen bench at her Como home and delivers fresh batches to Urban Revolution every Saturday morning.

Ladybird eggs are sold in small containers that each contain a clutch of 30-50 eggs. After purchase, take the container home and observe the eggs as they begin to hatch and change colour. Soon after hatching, the small piece of paper on which the eggs are laid can be carefully removed from the container and placed on a plant in your garden. It is important that the plant has a food source such as aphids, whitefly or caterpillar eggs for the ladybirds to eat. Customers have reported great success when placing the eggs onto roses, citrus and other plants with pest problems.

Pop in store to see these wonderful ladybird eggs and find out more. They will only be available for a limited time this Spring.



We look forward to connecting with you soon, and if you pop in on Mondays, we also offer a 10% Seniors Discount as well. You can find us 7 days a week at 284 Albany Hwy, Vic Park, online at www.urbanrevolution.com.au, or give us a ring on (08) 6102 1068. We look forward to sharing our love of ladybirds with you!

BIRTHDAYS

When we are young we await each birthday with anticipation and excitement. At some point, many of us begin hiding our birthdays, hoping no one will notice that we've made another lap around the sun.

We end the year with the following guests of honour celebrating significant birthdays

30 October	Keith W
29 November	Maureen C
20 December	Faye B



WHAT'S THE BUZZ?

The Grey Line



A member of the Stolen Generation, Helen was taken from her parents and raised by a loving middle-class family in the suburbs of Perth believing that she was their biological daughter until the age of 14. Not white, not black, she never felt like she truly belonged. walking a lonely grey line. Helen will be here for a Q&A after the screening.

The ticket includes Pepperberry and Pumpkin soup with Wattleseed and Lemon Myrtle Damper from Kudity Kitchen served prior to the film screening

Funds raised from this event will go to the Healing Foundation



Kambarang Noongar Language classes



Join Noongar Wadjuk men Dyland Collard and Jayden Boundry for the next cycle of Noongar Language classes starting October 16.

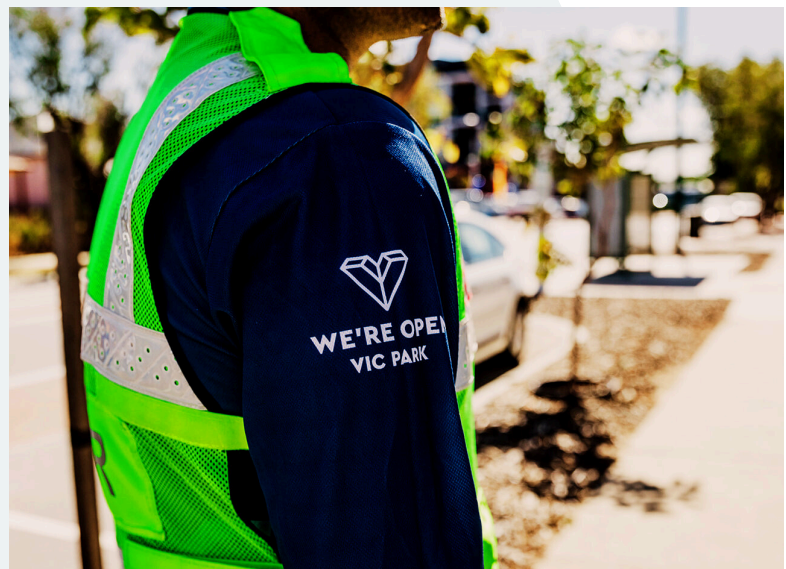
This cycle celebrates the season of Kambarang - a season of an abundance of colours with flowers exploding all around us. The yellows of the acacias continue to abound, along with banksias and smaller delicate flowering plants. Classes are on Wednesdays 5.30 pm and 7.00pm.

Be Confident - Safety in Vic Park



We will be having a member of the Town of Victoria Park community safety team visit us to discuss the Town's actions around Community Safety, including subsidies and programmes. They will also inform us of some of the current statistics around Crime in and around the Town. These may surprise you!

This session is part of our Be Confident series and is free to all members of the community. Be Confident -Safety in Vic Park will take place on Wednesday 30 October



Melbourne Cup Lunch

On Tuesday 5 November, dust off and don your best spring hat and celebrate the Melbourne Cup with a two course lunch with friends.

Join our sweepstakes and enjoy all the colour, fashion and excitement live from Flemington on the big screen, including the "Race that stops the Nation".

There will be a cash bar available at this event so you can enjoy a celebratory drink.



Be Connected - Photo Editors

On Wednesday 6 November, we will continue with our series of lessons on how to use your phone to take, edit and save your photos for beautiful memories.

This session will focus on using your phone to edit photos. We will look at the editors that come with your phone to get the best out of your photos including cropping and adjusting the brightness and colour. We will also look at some other popular editors.

Member Measurement Day

Our final Member Measurement Day for 2024 will take place on Thursday 21 November.

Village Hub members can evaluate their mobility, strength, and balance and receive a measurement record card to monitor progress over time. This information will be recorded on a measurement card that they can build on. If you haven't yet done one, this is your opportunity to start tracking your health and wellbeing.



Christmas Lunch



It wouldn't be Christmas without the Village Hub Christmas Lunch. This delicious 3 course Christmas lunch is a fantastic celebration with friends of the festive season and of another year of fun at the Hub

This year, Christmas lunch will be on Tuesday 17 December, Book early as we will be requiring numbers for catering.



Amarach - Celtic Christmas



On Saturday 14 December we will have a very special Christmas Concert by Celtic folk band Amarach discover the magic, music and culture of a Celtic Christmas.

There will be a cash bar which will include some traditional celtic drinks and we will have some traditional food on sale.

Join us for this very special event and celebrate a Celta Christmas



Christmas Closing

The following are our Christmas hours

Office Closed	Tues 24 Dec 2024 @ 12.00pm
Office re-opens	Thurs 2 Jan 2025 @ 8.30am
Last Class for 2024	Fri 20 Dec 2024
2025 Classes Resume	Monday 7 Jan 2025

From All the Staff at Connect Victoria Park we wish you a very merry Christmas and a happy New Year



EVERY WEEK AT THE HUB

Check our website for up to date information

MONDAY

Social Cycling
7.30am



Mateo's Barber Shop
8.30am - 4.00pm

Art Class

9.00am - 11.00am
\$10 Member
\$15 Non-member



Zumba

10.00am - 11.00am
\$8 Member
\$12 Non-member



Ballroom Fit

1.00pm - 2.00pm
\$8 Member
\$12 Non-member



TUESDAY

Cooking at the Hub
8.30am - 1.30pm



Podiatry

8.30am - 12.00pm
(fortnightly)
\$20 Member
\$25 Non Member



Rawhides

(Line Dancing for Beginners)
9.15am - 10.00am
\$5 Member
\$8 Non-member



**Improvers Line
Dancing**

10.00am - 11.30am
\$8 Member
\$12 Non-member



Community Lunch

12.00pm - 1.00pm
\$10 Member
\$12 Non-member



Active For Life

1.30pm - 2.15pm
\$8 Member
\$12 Non-member



Chair Yoga - Rachel

2.30pm - 3.30pm
\$8 Member
\$12 Non-member



**Mackie Street
Singers**

6.15pm - 8.00pm
\$3 Member
\$5 Non-member



WEDNESDAY

**Hairdressing @ the Hub
with Carmel**

8.30am - 12.00pm

Crafty Friends

9.30am - 11.30am



Mahjong

9.30am - 11.30am



Coffee Club

10.00am - 11.00am



Pilates

1.00pm - 2.00pm
\$8 Member
\$12 Non-member



Active For Life - Circuit

2.15pm - 3.00pm
\$8 Member
\$12 Non-member



THURSDAY

**Footy Fitness for
Men 55+**

7.30am - 9.30am
\$2 Donation



Shibashi Tai Chi

9.30am - 10.30am
\$8 Member
\$12 Non-Member



Active For Life

11.00am - 11.45am
\$8 Member
\$12 Non-Member



Member Help Centre

Individual and Tech
Support
9.00am - 1.00pm



FRIDAY

Connect 60+

9.00am - 11.00am
\$8 Member



Chapters

(Creative Writing)
9.30am - 11.30am



Grubs 'N' Bugs

Intergen Play Group
Victoria Park Community
Garden
9.00am - 10.30am
Donation




Yoga with Natasha

1.00pm - 2.00pm
\$8.00 Member
\$12.00 Non- Member



 Available on ZOOM


 Member led Activity


 Free for Village Hub
Members


SPECIAL EVENTS AT THE HUB


OCTOBER

Out N About 
 Hotham Valley Railway
Wednesday 2 October
 8.00am - 4.00pm
 \$110.00 Standard
 \$100.00 Village Hub Member

Hub Book Club 
Monday 7 October
 2.30pm - 3.30pm

Be Connected -
 Using the Camera On Your
 Phone 
Wednesday 9 October
 11.15am - 12.15pm

The Grey Line 
Saturday 12 October
 5.30pm - 8.30pm
 \$15.00 Standard
 \$10.00 Village Hub Member
 The story of Helen taken from
 her parents and brought up by
 a middleclass Perth family

OAOA Guided Walks 
Thursdays
17 October and 7 November
 9.30 -10.30am
 Free CVP Tennants
 \$30 Members
 \$35 Non - Members
 10 guided walks 3 weeks apart.
 followed by coffee.


Connect 60+ 
 7 Dimensions of Wellness
 Workshops
Fridays
25 October - 6 December
 9.00am - 11.00am
 \$15.00 Standard
 \$10.00 Village Hub Member


NOVEMBER

Hub Book Club 
Monday 4 November
 2.30pm - 3.30pm


Sparkling Appreciation 
Monday 4 November
 6.30pm- 9.00pm
 White and Rose Bubbles
 \$12 Members
 \$15 Non Members


Melbourne Cup Lunch 
Tuesday 5 November
 11.00pm - 1.00pm
 All the colour of Flemington.
 \$20 Members
 \$25 Non Members

Be Connected -
 All About Photo Editors 
Wednesday 6 November
 11.15am - 12.15pm

Share With the Mayor 
Thursday 14 November
 2.00pm - 3.00pm
 Join the Mayor for Afternoon
 tea and a discussion on what
 is happening around the Town


Be Connected - 
 Saving and Managing Photos
Wednesday 20 November
 11.15am - 12.15pm

Member
 Measurement Day 
Thursday 21 November
 12.00pm - 3.30pm
 track your progress

Be Confident -
 Town of Victoria Park 
Wednesday 30 October
 11.15am - 12.15pm
 Feeling Safe in your
 Neighbourhood

DECEMBER








Hub Book Club 
Monday 2 December
 2.30pm - 3.30pm

Be Confident - 
 Palliative Care
Wednesday 4 December
 11.15am - 12.15pm
 Advanced Care Planning

Amarach Celtic 
 Christmas
Saturday 14 December
 7.00pm - 9.00pm
 A Christmas celebration
 featuring Celtic Music and
 food

Christmas Lunch 
Tuesday 17 December
 12.00pm - 2.00pm
 \$25.00 Members
 \$30.00 Non Members

7 Dimensions of Wellness

-  Emotional
-  Intellectual
-  Physical
-  Vocational
-  Social
-  Spiritual
-  Environmental



Merry Christmas see you in 2025



Connect Victoria Park Inc
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9361 2904
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connectvictoriapark.org

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