

Living and Ageing Well newsletter - February 2022

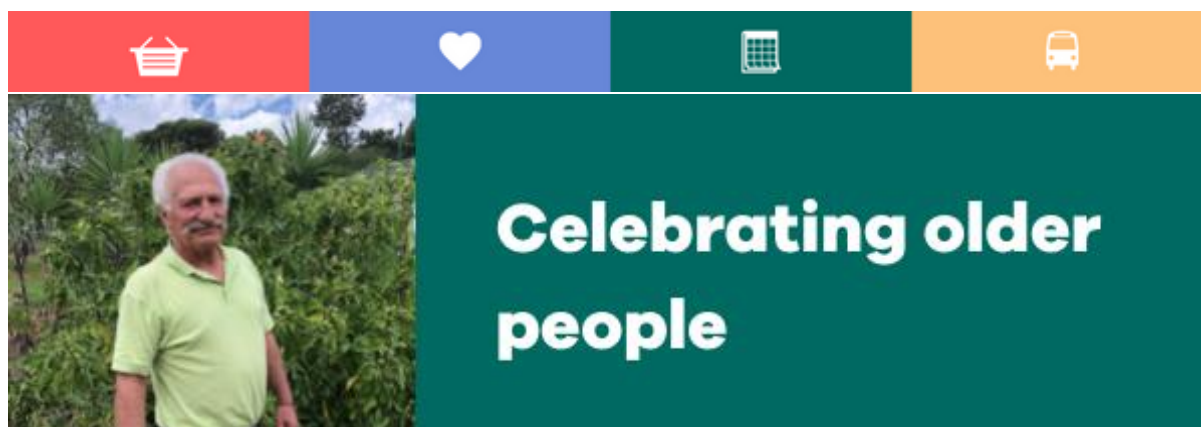
Welcome to the February 2022 edition of the Living and Ageing Well newsletter.

A Happy New Year to you all. Hopefully you have had some rest and relaxation over the summer holidays and are looking forward to a fabulous 2022.

We hope that this year we can get out and about in Moreland, staying fit and healthy, and spending time with our friends and families. Perhaps this newsletter will give you some ideas!

If you do not want to receive this newsletter you can have your email taken off our sending list. All you have to do [is unsubscribe to this newsletter.](#)

If you would like to hear more general news and events in Moreland, you can also [subscribe to our My Moreland newsletter.](#)



Vasilis Apostolopoulos

Vasilis has lived in Moreland for over 40 years. He is a dedicated community volunteer with Pronia, the Australian Greek Welfare Society. Vasilis visits older Greek-speaking residents all over Moreland to share in conversation.

Tell us about you

I migrated to Australia more than 50 years ago. I love Australia. At first I lived in St Kilda, but when I visited Sydney Road I saw that it was full of migrants....Greeks and Turks....and I thought 'Wow! What's all this?!'

I am a keen gardener. I love my garden. I also love walking along the beautiful creek near my house. It's so peaceful.

For the last 10 years I have been volunteering with the Greek community. I find this extremely rewarding.

What are you most proud of in your life?

I am proud of the opportunities Australia has given me to widen my life. I love Australia. It has made me who I am. I have had opportunities I wouldn't get in Greece, to educate myself and open my mind. I am thankful to Australia.

What are the most important lessons you've learned in life?

The most important thing in life is to have love for yourself. If you have love in your heart and are in harmony with yourself, then you are able to be good to yourself and to your community.

Activities around Moreland

Get out and about to meet new friends and have fun. Below are some activities coming up.

You can also find lots of other great events [on our What's On page.](#)

Merri Merri - Eucalyptus Walk



Join ecologist Michael Longmore from the Merri Creek Management Committee and Newlands Neighbourhood House Garden Coordinator Kate Hill for a walk along the merri merri to visit and learn about various eucalypts.

When: Sat 5 March from 10am to 11:30am

Where: Meet at Newlands Neighbourhood House, [20 Murray Rd, Coburg North](#)

Cost: \$10

Book online [on the Humanitix website](#) or phone [9913 5472](#)

Tai Chi For Beginners



Tai Chi classes improve health through the use of gentle mind-body exercises, boosting upper- and lower-body flexibility as well as strength and balance. This program is run at an introductory level to suit participants with little or no previous experience.

When: Thursdays from 11am to 12pm, starting 10 February

Where: Sussex Neighbourhood House, [7 Prospect St, Pascoe Vale](#)

Cost: \$108 concession for Term 1
Book by phoning [9354 2210](#)

Glenroy Men's Shed



Join with other men from the local area to work on interesting woodwork projects.

Projects range from restorations to creating new items such as possum boxes and Billycarts in a supportive and friendly environment.

When: Tuesdays from 10am to 2pm, starting 1 February

Where: Glenroy Neighbourhood Learning Centre, [5b Cromwell Street, Glenroy](#)

Cost: \$50 per year

Find out more [on the Glenroy Neighbourhood Learning centre website](#) or call [9304 3910](#)

Home Library Service



Do you know that Moreland Libraries can deliver library items to your door?

If you are unable to visit the library or have difficulties carrying items home due to ill health, frailty, or disability, the Home Library Service may be able to help you.

We can deliver fiction, non-fiction books and large print books, audiobooks, magazines, and music compact discs. Items are also available in community languages.

Find out more and fill out an application form [on our Home Library Service page](#) or call Coburg Library on [9353 4000](#)

Community Budget Ideas 2022/23



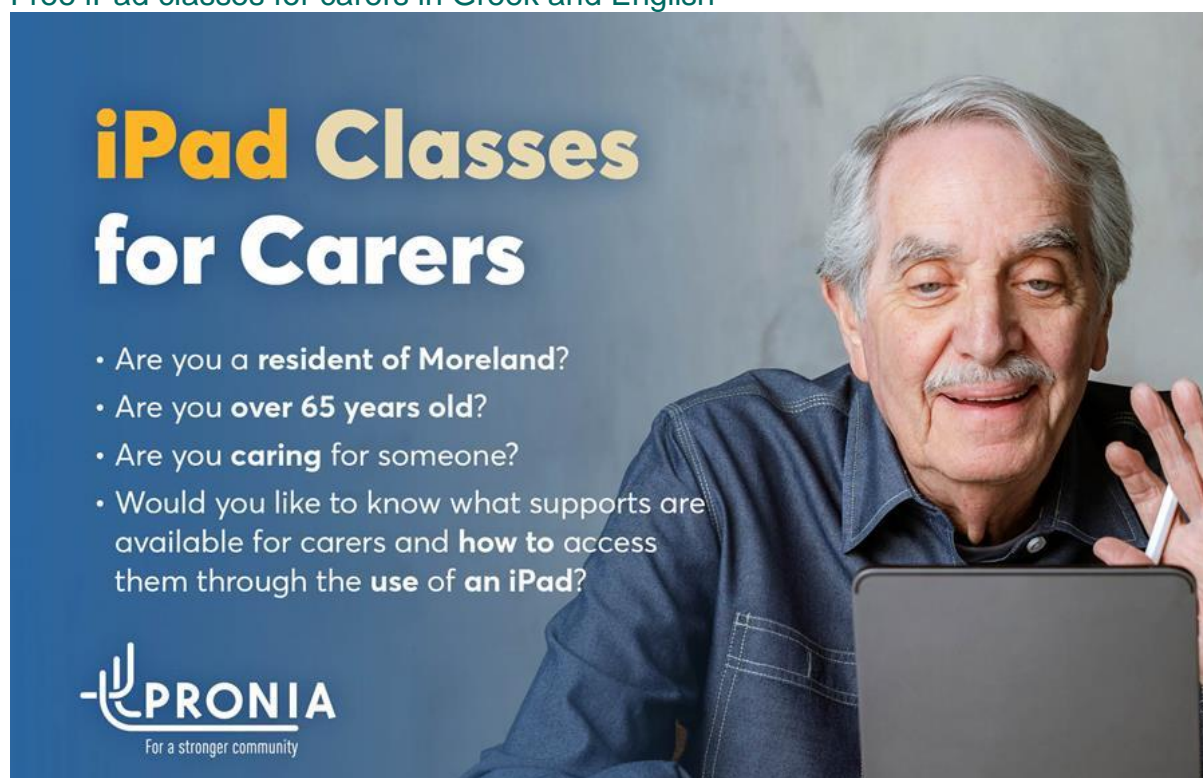
Do you have a great idea for a one-off community program or project that will benefit older people? You can submit a project, initiative, or program for Council to include as part of the 2022-23 Budget.

A proposed total funding pool of \$250,000 is available (subject to Council budget adoption).

You can find out more [on our Conversations Moreland website](#) or you can call our Customer Service team on [9240 1111](tel:92401111).


Make sure to share your idea by 20 February 2022.

Free iPad classes for carers in Greek and English



iPad Classes for Carers

- Are you a **resident of Moreland**?
- Are you **over 65 years old**?
- Are you **caring** for someone?
- Would you like to know what supports are available for carers and **how to** access them through the **use of an iPad**?

**PRONIA**
For a stronger community

When: Starting Tuesday 8 February (for five weeks) from 1pm to 2:30pm

Where: Brunswick Library, [corner of Sydney Rd and Dawson St, Brunswick](#)

Cost: Free

Find out more by contacting Pronia on [9388 9998](tel:93889998)

If you know anyone who would benefit from receiving this newsletter, we would love it if you would share this with them!

Share the link to the subscription form





Moreland City Council

Aged and community support services newsletter

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