

14 Seniors Activities and Services

Activities:

Probus Club of Kyneton:

Probus is a club for retired people whose activities include organised trips, picnics and interesting guest speakers. Kyneton Probus has more than 100 members
Meetings: 1st Wed at 9.30am Contact: Lionel Pavey 54222252

Senior Citizens Club Kyneton

Kyneton Senior Citizens meet weekly and activities include day trips, entertainment, cards, carpet bowls. Meetings & lunch are on Thursdays at St Mary's Hall 24 Hutton St. Bowls is played on Tues & Sat 1-4pm. Kyneton Senior Citizens have 130+ members. Contact is Robyn Garrett 54222284.

Senior Citizens Club Malmsbury

Meet: Wed 12.30pm Malmsbury Town Hall Contact: Robyn Faulks 54232217

University of the Third Age (U3A)

U3A conducts activities for retired people who are interested in an active, healthy retirement. Special Activities include guest speakers, trips, a Music Appreciation Group, a Literature Group and the Lifeball Group.
Meet: Fri 2pm Kyneton Community and Learning Centre 34 Mollison St

Contacts: Doug Lyon 54227348, Doug McIver 54223828

Kyneton Lifeball Legends

The Lifeball Legends are a special activities group of Kyneton U3A who play each Wednesday 12.30–2.30pm at the Kyneton Sporting Complex. Lifeball is a netball type game played at working pace and assists in developing balance, flexibility and mobility. Contact is Judy Bloom 54248117.



Services

Aged & Disability Services delivered through the Shire

The Aged and Disability Services Unit of the Macedon Ranges Shire Council delivers a range of government Home and Community Care services in accordance with government guidelines and eligibility criteria. Fees are charged for all services and are set according to client income.

Services:

Home Care may include cleaning (vacuuming, washing, ironing), meal preparation, shopping/appointments, banking and paying bills.

Home Maintenance: including repairs to doors, windows, steps etc; maintenance of spouting and gates; fixing locks, fly-wire, replacing tap washers and globes; rubbish and hazard removal; safety aids such as hand rails, ramps, bath seats, personal alarms.

Personal Care such as showering/bathing assistance; dressing/undressing assistance; shaving/washing hair; feeding; assistance with mobility; assistance with toileting; general monitoring.

Respite Care to provide carers of frail older people and people with a disability with a break from their caring role.

Social Support Volunteers assist people to continue their social and recreational activities within the community via: social visits at home or out in the community; transport assistance; petlink program; telephone contact; library book exchange and group activities.

Meals on Wheels (Delivered Meals Service)

The Delivered Meal Service aims to provide a nutritionally balanced meal to people who are experiencing difficulty with the preparation of meals.

People wish to make enquiries about the Service should phone the Shire Aged and Disabilities Service Officer Shane Plowman on 5422 0258

The meals are delivered by volunteers who ensure that contact is made with the recipients and help brighten the day of those they visit.

Meal delivery days for Kyneton are Monday, Wednesday and Friday.

The cost of the meals is from \$7.50 which includes a 3 course lunch and fruit juice.

Shire Aged & Disability Service Contact

For further details about Macedon Ranges Shire Council services contact 54220258.

Aged Care Assessment Team

For an older person to access Commonwealth funded residential care, residential respite, Community & Aged Care Packages, Extended Aged Care in Homes Packages they must first be assessed as eligible. This is done by an Aged Care Assessment Team (ACAT). Your doctor or local hospital can refer you to ACAT and the team will come out to visit you. The Team that services Kyneton is based in Castlemaine.

Cobaw Club 8 Mollison St Kyneton ph: 54222833 Operates Monday to Saturday.

These **Planned Group Activities** are for anyone who is frail aged or has a disability (16+) with low to high care needs. The Club is run by Cobaw Community Health.

Various programs are provided, including art & craft, gardening, woodcraft, cooking, shopping trips, theatre/movies, café/hotel lunches, gentle exercise, billiards/pool, cards, mini-golf, indoor bowls, bocce, bingo, ten pin bowling, local interest sites, BBQs & picnics. **Fees:** \$4 per day, plus \$5 if meal is provided.

Access to service: Telephone Cobaw Club 54222833 to make an appointment to visit. Access to programs is based on priority needs and available places.

Nursing Homes Retirement Villages and Hostels

Ray M Begg Homes Epping St Kyneton 54222417

Ray M Begg Homes commenced operation in 1959 and have grown steadily and modernised over the years. A homely environment, Ray M Begg includes 61 Hostel beds (including 3 respite beds) and 20 self-contained flats.

The Hostel provides the optimum blend of privacy and independence with warmth, support and companionship. Each of the 61 private rooms has its own ensuite.

Companionship can be shared with other

residents in the dining room or small sitting areas situated in each wing. Residents are encouraged to bring their own favourite and familiar furnishings. There are 11 beds in the safe wing. Ray M Begg conducts regular social outings and in-house entertainment.



Thomas Hogan Wing Nursing Home Caroline Chisholm Dr Kyneton 54229938

The Thomas Hogan Wing is a new modern facility within the Kyneton Hospital. It has its own spacious garden and is a secure environment. There are 24 single rooms and two double rooms, each with ensuite. The Wing has a lounge room and sunroom and a spa-bath facility. Thomas Hogan Wing has access to modern care equipment. Beds are predominantly low level. Visiting hours are flexible and family/friend support is encouraged. Community outings to clubs and community events are a feature.

Seniors Card

The Seniors Card is a Victorian Government program. Card holders are able to obtain discounts from participating businesses identified in the directories of discount providers which seniors receive with their card and also by shop window signs. **The greatest benefit is for significantly discounted off peak travel on VLine trains (including 2 free trips per year) and also the “Sixty Plus Fare” on the Met transport system.**

Eligibility: Permanent residents of Victoria who are 60 years of age or over and retired or working less than 35 hours per week in paid employment are eligible for a Seniors Card. **Application Forms** are available from any Post Office or can be downloaded from the website www.seniorcard.vic.gov.au