

LEOPOLD BUZZ

YOUR COMMUNITY CONNECTION

ISSUE 15 | JANUARY, 2021



Leopold Community & Learning Centre

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www.leopoldcommunitycentre.com.au



IN STITCHES CRAFT GROUP

The Leopold 'In Stitches' Craft group are an energetic and friendly group of ladies, meeting each week on a Thursday afternoon at 12.30pm where they share their skills, knowledge and laughter.

Based at the Leopold Community and Learning Centre, the group create craft activities including sewing, patchwork, embroidery, knitting and crochet, just to name a few! All levels of ability are welcome with friendly advice available as needed; all the while connecting over a cuppa and a good joke or two, sure to leave you "in stitches" by the end of the session.

If you have a craft project you are currently working on, or, have a craft idea you would like to create, come along to the Leopold "In Stitches" Craft group, new members are most welcome!

Cost: \$5.00 per week.

For further information contact the Centre on 5250 1301.



KEEPING CONNECTED

Welcome to the 15th edition of Leopold BUZZ. You can view or download all issues of the newsletter on our website:

www.leopoldcommunitycentre.com.au or email:

info@leopoldcommunitycentre.com.au

OFFICE HOURS: Monday – Thursday 9.30 – 3.30

Phone: 5250 1301

WHERE TO GET HELP

Companionship and social support

Having good social connections is essential for all aspects of your health, especially as you age. Red Cross can support you to improve your social connections and connect with your community for your wellbeing. An outing or a chat over a cup of coffee with a caring and friendly volunteer could become a highlight of your week, and give you the confidence to meet new people.

Is this program for you?

These services are for people who are not in regular social contact with other people.

- Older people who live alone (including people on home care packages or living in an aged care home)
- Older people who have few social connections outside home
- People with disability
- People recovering from mental illness

About the service

Red Cross social connection programs can support you and link you to other people and your community. Programs include home visits, social outings, group activities, peer support and social phone calls.

Many programs will match you with a volunteer based on your interests and values, to be your companion so you can build up a friendship over time.

Activities might include:

- Taking part in community interest groups
- Outings to cafes, galleries, the footy or other places of interest
- Going for a walk
- Friendly in-home visits
- Regular social chat on the phone

For more information contact:

Red Cross on 5223 8700

The Dog's Journal

1001 days of fun



Had a fun day yesterday! Chased the Fur Ball up the tree in the front yard and sat under the tree and barked at it every now and then to make sure it stayed up there. As a fierce dog it is my duty to protect my pack from things that present a danger to them – I can sniff hazards out and have averted many a “catastrophe” especially those initiated by the Fur Ball.

The only downer was the two females in my pack seemed upset, I do not know why, the Fur Ball is of no use and I think it is better left up the tree. I decided to cheer them up and fetched my rubber chicken and cavorted around them so they would play the chase game that is so much fun! I did not understand why they did not join in so I dropped it at their feet, it was nice and juicy from being in my mouth. Just then the two males in my pack turned up with a climbing contraption that they put against the Fur Ball's tree.

It was then I realised it was a new game we were going to play and it was sooo much fun and for once the Fur Ball decided to join in. This is how it went – one of my pack climbed up the contraption, then Fur Ball jumped on his head, then he jumped down and landed on his back, then I joined in and jumped on him too, then everyone started barking, so I barked too, then the Fur Ball started running so I chased it inside – I almost got it but it ran up its carpet pole and just sat there and not join in more. I was not sure what the next bit of the game was so I ran back outside and jumped on the member of my pack who was laying on the ground some more.

Everyone barked some more and so did I and then I thought it might be my turn to lay on the ground so I did that and then rolled around a bit just to make it more exciting. I am not sure how this worked in the game but I was suddenly grabbed by my walking necklace and taken through the house and out to the back yard and made to stay there. This was not a fun part of the game! I had to stay out there till it was food time – I like food time it is the best!

Today one of my pack has come home with two sticks under his arm, this is obviously for a new game so I run and jump at him to show I am ready for the game. He waves one of his sticks at me, so I grab the end and tug, it is like the chicken game where we tug and then throw. He is enjoying so much he starts barking at me so I tug harder and I get the stick, now it is time for chasing and I run off dragging the stick – it is not a very good stick as it is a bit large and I keep hitting things which makes it hard to run fast. I try to get out the door but the stick is too big and I get stuck.

He jumps towards me on one leg while barking – this is new I have not seen him do this before – he makes me give back the stick, that is no fun. Then I get taken outside to the back yard and I wonder what part of the game this is. I wait, then I see the Fur Ball sitting at the window looking smug... I wonder if it has something to do with my banishment outside. I worry that my pack are left alone inside with it without my protection – who knows what dastardly plan the Fur Ball has install for them.

I think, “Will be here till food time again?”... I like food time, it is the best! But the Fur Ball is going to get it from me sometime soon.....

Does the Dog uncover the cat's plan and get his own back?

EXERCISE YOUR BRAIN



1. I add five to nine and get two. The answer is correct, but how?
2. What is special about these words: job, polish, herb?
3. People Buy Me to Eat, but Never Eat Me...
4. Two people played five hands of chess. Both of them won the same number of games and there was no draw. How is this possible?
5. Mr Smith has 4 daughters. Each of his daughters has a brother. How many children does Mr Smith have?

Last Edition answers on page 4

WORKSHOPS – TERM 1 2021

Taking Expressions of Interest to commence mid- February, 2021

\$30 per Workshop
Concession \$20

*Includes all
materials*

GET YOUR GRANNY ON – Tuesdays 12.30 – 2.30

Learn skills your Grandmother had to save money and live more sustainably

- 1. Homemade Soap and Washing Powder** Make your own soap using a cold process, it is better for your skin than detergent based products
- 2. Preserved Lemons and Pickled Beetroot** Learn how preserve lemons so you always have some at the ready and the pickled beetroot is easy and tasty to make to keep in your pantry.
- 3. Beer bread and Ricotta Cheese** Never go without bread or cheese again with these easy and tasty recipes.
- 4. Tomato Sauce and Lemon Butter** – Tomato sauce and lemon butter made easy so you can always make some if you run out.
- 5. Make your own Herbal Teas and Scones** – In this workshop we will have a tea party and taste a variety of teas you can make for yourself and put together your own blends.
- 6. Home Beauty products naturally** – Learn how to make your own moisturiser and cleanser, you will also learn how to create your own day spa at home
- 7. Natural Cleaning products** – Make your own cleaning products at half the price of commercial ones and have a sweet smelling home at the same time.
- 8. Beeswax Wraps and Around the World Hot Chocolate** Throw out the plastic wrap and make your own wraps while traveling around the world through the experience of hot chocolate

ART THERAPY – Workshops to be held on Wednesdays 12.30 – 2.30

These series of workshops are aimed at helping your mental wellbeing.

The workshops are open to people of all abilities and all activities are a tactile experience.

- 1. Sculpture – wire and plaster** – Learn the techniques for creating a 3D sculpture and let your creativity run free.
- 2. Pictures made with bark** – Using various types of bark and leaves you will feel your way in making this picture.
- 3. Papier Mache** – In a small group you will make a 3D painting using papier mache and cardboard.
- 4. “String theory”** – Using string to lay out your design on to the canvas you will colour up your creation with acrylic paint
- 5. Clay Sculpture** – Working with clay is very therapeutic and you will learn the techniques for creating your masterpiece.
- 6. Mixed media Painting** – You will be combining a range of techniques to create this work of art.
- 7. Own Choice project** **Expression of Interest forms available on website**
- 8. Own Choice project** **www.leopoldcommunitycentre.com.au or Phone:52501301**

Active Seniors Program - Cost \$5.00 per class

Weights and Balance Class this class is led by Jan, a qualified instructor, who will help participants individually in order to gain the best possible outcome. Classes held weekly on Tuesday afternoons commencing 2.2.21 at 1.30p.m.

Zumba Gold Monica leads this class especially designed for older active adults, beginners and people wanting to start doing some gentle exercise through dance. Classes held Thursday afternoons commencing 4.2.21 at 1.00 p.m.

TRISTAN'S TECH TIPS



QR Codes

Quick response aka “QR” codes are currently popping up all over Victoria in huge numbers even though the technology has been around since the 1990s, but why?

Well recently Victorian Premier Daniel Andrews has made them a requirement in most non retail businesses Victoria-wide as a form of digital “signing in” instead of the previous method, which was just to sign ones name and number on a piece of paper for COVID tracking purposes. The QR code will take you to a webpage where you will submit your name and number. The state government claims that QR codes will be a quicker and easier method for everyone because the names will be quickly submitted online so the Government will have access to them instantly rather than relying on asking for the paper submissions.

But how do you scan a QR code? Well if you have a new phone, chances are it already has QR code reading technology built into it. All you need to do is tap on your “camera app” and point it towards the QR code and it will automatically read it and ask if you would like to go the webpage, simply tap on the link to get going.

But what if your phone does not already read QR codes? Not to worry if you have a smartphone you can download a QR scanning app that will read the code for you. There are a huge number of apps that will do so for free, two examples are:

- Google Play: **QR & Barcode Scanner** from “Gamma Play”
- Apple App Store: **QR Code reader** by “Scan”

But there really are a lot of apps that do basically the same thing

Just open the app and it will ask for permission to use your camera, give it permission and point it at the QR code, it will read the code, show you a link and you can tap on that to get to the sign on page.

QR codes are currently being used in restaurants, cafes, and lots of other places, including the Centre itself.

However the Centre does offer an alternative on our home page of the website. There is a link you can click to get to the exact same sign in page if you can’t scan the QR code, or even if you just don’t want to.

The Garden Patch



HANGING SUCCULENT BALL

Equipment: Ball, old chain link, chicken wire shaped into a ball, peat moss, succulent cuttings succulent potting mix.

Method: Use the ball to wrap the chicken wire around to get the shape – do a double wrap so you can put the peat moss between the two layers and line the inside of the ball. Fill the inside of the ball with succulent potting mix. Now place succulent plants using the spaces in the chicken wire as a guide. This distinctively unique look will enhance any space.

EXERCISE YOUR BRAIN

Last Edition Answers

1. A E F K L N O S W – Snowflake
2. It takes one elf 5 minutes to make one doll. Therefore 100 elves making 100 dolls would, of course, still take 5 minutes!
3. Santa Claus stuck in an elevator.
4. A pine-apple
5. Nothing – it was on the house!