



YOUR COMMUNITY CONNECTION

ISSUE 44 | JUNE, 2023

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'Off your Back' started over 20 years ago, when Toni was walking down Fitzroy Street, St Kilda and saw a man asleep on a park bench. The night was particularly cold, with a biting chill in the air, and she had the impetus to take the coat off her back and provide a layer of warmth to someone in need.

She started thinking about all of the other people in need of warmth and had a parallel thought about all of the preloved coats hanging in her home and the homes of her friends. Toni garnered a small group of likeminded, and enthusiastic people to start a Winter coat collection drive called OFF YOUR BACK. She simply wanted to take the coat off her back and put it onto the back of someone in need. The idea was that no money would ever change hands, it would be pure & simple with no collateral.

There is no committee or sponsor-led budgets, people responded by leaving their coats at one of the OFF YOUR BACK drop off spots, knowing their much-loved items were going on to another life with people who really need them.

The Leopold Community & Learning Centre is supporting this program by becoming a 'drop off point'. Beginning 1st June 2023 and ending on 31st August 2023.

If you would like to donate your pre-loved coat to help a homeless person this winter, we are located at Level 1, 31-39 Kensington Road, Leopold and are open Monday – Thursday 9.00 a.m. to 4.00 p.m.



KEEPING CONNECTED

Welcome to the 44th 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 9.00 – 4.00



Jenny from "In Stitches" Craft Group did this cross stitch whilst in Lockdown. A very talented lady.....

The "In Stitches" group meets on a Tuesday morning and Thursday, why not come along and join the many skillful ladies. Cost: \$5.00 – includes a Cuppa.

Leopold Community & Learning Centre



Chatty Cafe

Located on Level 1 -
access by stairs
or lift

MONDAYS AND
WEDNESDAYS

10.00 A.M. TO
12.00 P.M.

Why not join us for a cuppa, cake and a chat
Everyone is very welcome !!

Cuppa & Cake: \$5.00 Donation
Cuppa: \$3.00 Donation



New addition to our menu for winter:

Toasted Raisin Bread 🍞

It will warm the cockles of your heart!

CORE & MORE EXERCISE CLASS



THURSDAYS
9.15 AM

COST: \$10.00

CORE & MORE a lower intensity class focusing on core and postural strength using Swiss-balls and chair exercises, as well as optional floor-based exercises. This class incorporates dynamic stretching and simple body weight exercises to encourage better range of movement and flexibility. The class runs for 60 minutes.

PHONE 52501301 TO REGISTER

Level 1, 31-39 Kensington Road, Leopold

Limit of
8 per class



Leopold Community &
Learning Centre



Water Bottle Carrier Workshop



Do you like walking but don't like carrying your water bottle in your hand? Come along and make a carrier for yourself, family or friends - would make a great Christmas present!

A variety of fabrics

All equipment supplied including machines, rotary cutters, mats, scissors etc.

Thursday 15th June
10.00 a.m.

\$15.00 to be paid on booking
Bookings essential: 52501 301



Leopold Community & Learning Centre
Level 1, 31-39 Kensington Road, Leopold

A big thank you to the Leopold Mens Shed who made our Canasta Group more card holders.



Ever thought about playing Canasta?

The Leopold Community & Learning Centre Canasta Group meets:

Tuesdays at 1.00 p.m.



Why not consider joining?

Cost: \$5.00 includes a Cuppa.

LIVING HEALTHY AND WELL PROGRAM

Mel Bald
the Passionate Nutritionist



NAVIGATING FOOD LABELS

Navigating the supermarket can be tricky. In this session you will learn:

- How to read food labels like a pro to make shopping for your health easier
- Learn the sneaky marketing tricks to watch out for
- How to save money at the supermarket.

Wednesday 28th June - 10.00 a.m.

Cost: Free

Bookings are essential - Phone: 0352501301

Leopold Community & Learning Centre
Level 1, 31-39 Kensington Road, Leopold



WANTED: Cups and Saucers for High Afternoon Teas



The Leopold Community & Learning Centre is intending to hold High Afternoon Teas for the community in the coming months.

If you are having a clean out of your cupboards and possess any cups and saucers that you are not using anymore, we would love to hear from you.

We are open:
Monday - Thursday
9.00am - 4.00pm

Level 1,
31-39 Kensington Road
Leopold
Phone: 5250 1301

Advanced Care Finder Presentation

To support people 65 + to find and connect with aged care services



The Advanced Care Finder program works with vulnerable older people in our community, who require intensive support to access and navigate aged care or related services, and that do not have a support person capable or suitable to assist with these needs.

If you would like to know more information about how to access supports to enable you to live independently, or if you know someone who could benefit from this free Service, you are welcome to attend the presentation run by Catholic Care Victoria.

Monday 26th June at 10.00 a.m.
Leopold Community & Learning Centre
Level 1, 31-39 Kensington Road, Leopold
Cost: Free

Bookings essential: 5250 1301

TRISTAN'S TECH TIPS

EYE STRAIN

When we stare at screens for long periods of time it is not uncommon to end up with headaches/migraines, sore or itchy eyes and a feeling similar to dehydration.

This is typically because despite as a society being inundated with artificial screens all day every day with our phones, computers, game consoles, TVs and screens every few steps at the shopping mall, humans and artificial lights are still a new combination. As such, our eyes really are not accustomed to it and eventually get strained.

Why? Because we tend to blink less looking at our screens which coupled with their harsher artificial glow they emit, dries out our eyes and causes strain and discomfort.

So how can I minimize or stop eye strain?

Some people wear "Blue light filtering" glasses or put "Blue light filters" on their devices. This is because artificial blue lights are especially straining to the eyes. This can make the colours on the screen a bit less accurate and more "warm" or yellow though. So having these filters may help.

It is also recommended that every 20 minutes you look at something other than your screen that is at least 5 meters away or more for at least 20 seconds, blinking often. This reduces strain and eases your eyes, letting you focus on something "natural" for a bit and moistening your eyes by blinking often.

Remember to take breaks often and maybe close your eyes for a bit when bingeing a whole season of your favourite show on Netflix!



Leopold Garden Club



Another Garden Club meeting was held on the third Monday in May and was well attended. The main topic being about pruning, which was well discussed and many questions asked and answered. Even a demonstration of a neglected rose in a large pot was also part of the session.

The other treat was scones brought in for afternoon tea by Evelyn, our renowned Gardening Cake Maker!

A range of plants were also brought in for distribution.

The next meeting will look at budding and grafting, particularly as pruning of fruit trees will result in having material (scions) that can be grafted onto rootstock. The members can then exchange scions to enable the obtaining of a variety that they would like to get. One member was keen on getting a Golden Delicious apple scion for grafting since this apple is a favourite but is now not easily found as a variety being sold.

The other item that may interest attendees is a Sponge Baking Challenge taste off between Evelyn and the Garden Club Co-ordinator. They both will be bringing a sponge each to be judged by the attendees.

So, if you are interested in gardening, come along at 1.00 p.m. on the third Monday in June (19th) Leopold Community Hub, Level 1, 31-39 Kensington Road, Leopold.

Dimitrij Betz
Garden Club Co-ordinator

