



YOUR COMMUNITY CONNECTION

ISSUE 55 | JUNE, 2024

31-39 Kensington Road, Leopold 3224

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AN INVITATION TO MORNING TEA

is extended to both carers and their loved one
who has dementia to introduce

'Staying at Home' a free dementia support program.

Monday 17th June at 10.00 am

The 'Staying at Home' program, run by Australian Multicultural Community Services, provides comprehensive support and care to individuals living with dementia and their carers via five free sessions.

The aim of this program is to:

Empower carers with strategies and resources. Assisting them with their caring role and wellbeing.

Help people with dementia remain living at home for longer.

Connect carers, allowing them to share experiences.

Sessions will include activities of interest as well as an education/support session for the carers.

Morning tea and lunch will be provided.

Eligibility Criteria:

The individual being cared for must have a confirmed medical diagnosis of mild to moderate dementia.

To participate, the individual living with dementia should be accompanied by their carer.

Participants can be of any age, from any background or geographical area in Victoria and must be living at home. The carer does not need to be living at the same property as the person they are caring for.

People who are living in permanent care are not eligible.

To book in for the morning tea and to hear more about this free support program, phone: 52501301 Bookings Essential

MY AGED CARE

An Introduction Workshop



A FREE Workshop for families and carers new to the My Aged Care System.

Run by Carers Victoria, the workshop is specifically for those who may have a family member or friend entering the system for the first time and covers the basics of the system.

Topics will include:

- Overview of the system
- Types of services available
- Eligibility and assessment for services

Tuesday 25th June

10.30-12.30 pm

Bookings Essential.

To book phone us on 52501 301

KEEPING CONNECTED

Welcome to the 55th edition of Leopold BUZZ. Previous copies can be found on our website

www.leopoldcommunitycentre.com.au

OFFICE HOURS:

Monday-Thursday 9.00am – 4.00pm

Table Runner Classes

Learn how to make a Table Runner with different fabrics.

The Table Runner will take 3 sessions to complete. Classes to be held on the 3rd Thursday of each month at 9.30 am.
20.6.24, 18.7.24 & 15.8.24

Cost: \$15.00 per session, includes all materials.

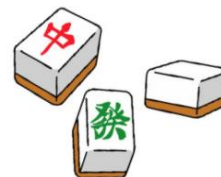
Bookings are essential with limited places available.
Phone 52501301 to book



Leopold Community & Learning Centre

Level 1,
31-39 Kensington Road
Leopold Ph: 52501301

Hours: Monday - Thursday
9.00am to 4.00pm



Have you ever wanted to learn how to play, or interested in playing.....

We are taking Expressions of Interest

Proposed day/time:
Monday afternoons
at 1.00 PM

Cost: \$5.00
(includes a cuppa)

MAHJONG



● **Register your interest today!**
Phone: 52501301

ZUMBA GOLD CLASS

With Monica

**Recommencing
4th June**



Tuesdays 11.45 a.m.

Cost: \$10.00

Phone: 5250 1301 to book

Level 1, 31-39 Kensington Road, Leopold



LC&LC Dinner Group

Expressions of Interest

We are taking Expressions of Interest for a dinner group to meet once a month, possibly on a Wednesday evening at 6.00 p.m. at various local venues.

The group's main purpose is to meet new people, try different dining experiences and encourage those whom may otherwise not get to dine out in the company of others. It would also be a great way for those new to the area to meet people.

If you are interested in being part of this new group, phone us on 52501 301




AROUND THE CENTRE



A group of happy customers modelling their bags after attending the Satchel Bag Workshop at the Leopold Community & Learning Centre.




One of the talented members of our Art Group, Liz Potter, recently produced this beautiful art piece, all done with pencil!



Leopold Community & Learning Centre

Community Cookbook



We are seeking to create a collection of family cooking recipes and their stories from the community!

If you have a favourite recipe/s and perhaps a story of what it recalls to you, we would love to hear from you

Email: manager@leopoldcommunitycentre.com.au or come into the Centre.
We are open Monday-Thursday 9.00am to 4.00pm.

Preserve an old family recipe for generations to come

Live Concert

with Afternoon Tea

Performed by
'Sing out Strong' Community Choir

Tuesday 25th June at 2.00 pm

Cost: \$5.00

Purchase Tickets Here :
Leopold Community & Learning Centre, Level 1, 51-59 Kensington Road, Leopold. Ph: 52501301

Everyone is welcome

TRISTAN'S TECH TIPS

3G Mobile Shutdown



Opinion Article

Released in 2003, 3G has been a staple in Aussie mobile phones for over 20 years. While most people have moved onto 4G or 5G phones, some people are still using their trusty older mobile phones, which may predate and cannot use 4G "VoLTE" (Voice over LTE/4G) which allows calls using 4G.

The problem is, 3G is being shut down in late August/September. If you are with Telstra and worried, you can text "3" to 3498 to find out if your device is compatible. What do you do if you are still on 3G for calls?

The unfortunate thing is you will have to get a new phone. You may also need to contact your phone provider for a new smaller SIM card to fit into that phone. (You can keep your number if you ask them to put the number on the new SIM)

The good news is any new mobile phone sold at retail stores should have at least 4G VoLTE and will work. You can also buy online but note some international models may not work on our network.

I understand that since you are still using a legacy mobile, you may be not interested in smart phones, so here are some alternatives to the now standard smart phone:

Nokia 110 Unlocked 4G Mobile Phone - **\$77**. Not a good phone, but it's cheap and you can make calls with the traditional bar shape and button layout.

Opel Flip Phone 6 - **\$99**. Old Style flip phone with big buttons and very basic features. Best for calls mainly not texts.

Nokia 2660 Unlocked 4G Flip Phone - **\$127**. Flip Style and simple to use. Will run decently well but like all button phones, texting is just worse than a touchscreen.

Please note these alternative phones won't have apps and may not have as advanced antennas as the new smartphone ones and may have weaker reception.

Leopold Garden Club



The May meeting saw six new faces attending the Garden Group which made for a very well attended meeting.

The main topic for discussion was pruning. Winter pruning is recommended for most plants as it is the dormant time of the growing cycle (less sap flow, less stress on the plant).

There has been some modification on this for fruit trees which I will outline later. Roses, decorative shrubs and non-fruit trees as well as fruit trees may need pruning.

The pruning should be for maintenance (removing dead wood, shaping the shrub or tree, getting rid of unwanted branches).

Fruit trees are a slightly different case as we also prune for fruit. The question then arises do we know which branches to leave, is it the fruit on first year, second year growth or on permanent spurs? This is why a switch to summer pruning has many advantages. Firstly, you can see which branches have the fruit, in case of point, I pruned a fruit tree in winter and this season I have no fruit (took off the wrong branches).

Secondly, for the average home gardener, height of the tree becomes a problem and can still be a problem after winter pruning since the Spring regrowth can result in extra height, well above the winter pruned height.

So, if you prune the height of the tree in summer, regrowth is minimal making it easier to keep the fruit tree at a controllable height for picking.

This topic was covered in more detail at the meeting and attendees were able to get strawberry seedlings, double white columbine (Granny's bonnet), hippeastrum bulbs and poppy seedlings.

So why not come along on the third Monday of the month and ask your questions, maybe get a plant or two. Cost is \$5.00 which includes a cuppa and biscuit and great conversation.

Dimitrij Betz, Garden Club Co-ordinator

Next Meeting: 17th June at 1.00 p.m.