

Activities for seniors

One of the greatest fears for most people as they age is that of getting Alzheimer's disease or some other form of dementia. Studies are increasingly showing that you significantly decrease your risk of dementia by incorporating three types of activity into your life: physical, mental and social. Last month we focused on physical exercise available locally that is appropriate to older folk. [Since then another, Yoga with Yasuda, has become available: see page #.] This month we are looking at some of the options available for mental and social activity.

Meditation in Kangaroo Valley

With Ardhanareshwari or Maya Bhadni, experience greater joy, peace and love in your life and relationships through meditation, music and spiritual community. Offered by donation on: the 1st and 3rd Wednesday of each month at 1.15pm for 1.30 to 2.30pm at 3 Rendga Close, or the 2nd and 4th Monday of each month at 6.15pm for 6.30 to 7.30pm at 234 Moss Vale Road. Enquiries to Patsy (Bhakti Shanti) on 4465 1626 or 0432 522 030 info.canyonleigh@shantimission.org.

Pioneer Museum Park

Our local museum needs new volunteers to keep open five days a week. Each is rostered on duty only once a month, on Friday to Monday, from 10am to 4pm during summer and 11am to 3pm during winter. In this leading tourist attraction volunteers meet interesting visitors from all over the world, and it is very rewarding to show children, in particular, what pioneer life was like and how it has changed.

For more information contact Elaine Apperley on 4465 2026 or elaine.apperley@bigpond.com.

Friendly Inn Village Garden

Local food is a connecting idea for the whole community: "We grow it here, we eat it here, we celebrate our food". The Village Garden has four proposed areas of development: a community garden and social space; a 'market garden' of bulk grow crops, including garlic, potatoes, pumpkins and eggplant; a forest garden, incorporating fruit and nut trees, shrubs, herbs, vines and perennial vegetables; and animal systems, eg pastured chicken.

For further information contact Peter Brandis on 4465 1093 or peter@imaginal.com.au.

Kangaroo Valley Public School

The school welcomes volunteers in two areas: in the canteen, from about 9.30am to 2pm one day a term; and to help the Learning Support Teacher, on a roster basis.

For further information contact Margaret Barton on 4465 1182.

Pub Trivia

At 7.30pm on the second Tuesday each month a growing number of Valley residents, and the occasional visitor, gather in the Friendly Inn for an evening of fun and exercise (of the little grey cells) called "Trivia Night". Questions cover an infinite range of topics, and what is a mystery to one team member will be all too easy for another. The contribution of \$5 each is donated to Alzheimers Australia, and the winning team gets a \$50 voucher from the Friendly Inn.

The quiz master is Ken Novich: 4465 2001 ken@miscellaneum.com.au.

Noah's Ark

Noah's Ark, Shoalhaven has been providing services for young children with special needs for the past 30 years. The service could not operate without the generosity and support of its volunteers. Noah's Ark has many needs for volunteers - from day-to-day running to the several fundraising events held during the year. If you have free time and would like to help, please call Cindy or Lynne on 4423 5022.

Berry Garden Club

The club, which is now attracting members from the Valley, meets at 7 for 7.30pm on the third Tuesday of each month from February to November at St. Luke's Church, Princess Street, Berry. They have a guest speaker, and an opportunity to bring and discuss specimens. Garden visits take place the following day.

For further information, contact Penny Johnson on 4464 3284.

Meals on Wheels

Nowra & Bomaderry Meals on Wheels Service provides hot and frozen meals, five days a week (except public holidays), to elderly and disabled residents of Nowra and Bomaderry. Volunteer deliverers are usually rostered on only one morning a month, and may be the only visitor some recipients will see that day, so it can be a very rewarding morning.

For further information contact Tony Barnett (who delivers meals to Valley residents) on 4465 1800 or wombatgrange@bigpond.com or Therese Hollands (Kitchen Manager) on 4423 2444.

U3A

U3A (University of the Third Age) is for anybody over the age of 50. You don't need a university degree or even have finished primary school; it is for anyone who wishes to learn more, in the company of others. You can enrol for many courses: some last the whole term of ten weeks, others are only every two weeks and some are just for one day. They include learning a craft or card game, book groups, movie watching and discussion, learning a language, current affairs, creative writing and discovering interesting aspects of the area you live in.

There is a small fee each year to cover costs: the Shoalhaven branch has a one-off joining fee of \$1 then an annual fee, in 2013, of \$10; the Southern Highlands branch has only a yearly fee, in 2013, of \$45 per person. All information can be gleaned from their websites or phone 4423 2886 for the Shoalhaven or 9990 6650 for the Southern Highlands group.

The Food of Love

This local community choir practices from 7.30 to 9pm each Monday at Illaroo Public School, Illaroo Road North Nowra. The choir welcomes new members, including those singing for the first time. The cost is \$60 per term.

The musical director, Joy Sharpe, can be contacted on 4421 5743 or mobile 0400 410 077.

You'll notice that several of the activities above involve helping others. We all know that helping others makes us feel good in the short-term. Now it is becoming clear that there are long-term benefits too. Studies are showing that there are three really important benefits attached to being compassionate and helping others: reducing stress, boosting your immune system and increasing your longevity. It sounds almost too good to be true - and probably foolhardy not to have some do-gooding built into your daily activities!

Chris Pryor

for the Kangaroo Valley Seniors Accommodation and Support Committee.