

# Older Person Wellbeing Network What's On October to December 2024

## OCTOBER

Thursday 17 October, 11.15am as part of the Men's Mental and Physical Fitness Day

**Talk: Mental Health & Wellbeing for Men in Later Life**

At St Helen's Community Centre, 184 Glebe Point Road, Glebe

Contact Amber at the centre to register for this event:

9265 9179



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Tuesday 22 October, 10am-12.30pm

**Talk: Healthy Mind Matters in Later Life**

At Leichhardt Town Hall, Cnr Marion and Norton Streets, Leichhardt

Contact Alex (0493 342 221) or Jharna (0478 258 238) to register for this event.

## NOVEMBER

Thursday 14 November, 11am-1pm

**Event: Armchair Travel 'Back in Time Around Australia'**

At Reginald Murphy Community Centre, 19 Greenknowe Avenue, Potts Point

Contact Bishop at the centre to register for this event:

9265 9133



### What To Expect:

**Talk: Mental Health & Wellbeing for Men in Later Life.** This session will explore practical strategies for staying mentally healthy, navigating life's changes, and fostering a positive outlook. It's a great opportunity to connect with others, share experiences, and learn ways to maintain both mental and physical wellbeing as we age. Whether you're looking for tips to manage stress or simply want to enhance your overall health, this workshop is for you!

**Talk: Healthy Mind Matters in Later Life.** An insightful session exploring the importance of maintaining mental wellbeing as we age. Learn simple, practical strategies to boost cognitive health, manage stress, and stay positive through life's changes. This talk will offer valuable tips on how to keep your mind sharp, foster resilience, and enhance overall mental health, helping you enjoy a fulfilling, balanced life at every stage.

**Armchair Travel – Back In Time Around Australia.** Join us on an exciting virtual trip around Australia without leaving your chair. You will be transported back in time to visit some of the major cities in Australia and see the changes over the years. You will also revisit some childhood memories of local attractions in Sydney and then enjoy some Australian inspired light refreshments. **Bookings are essential. Free Event.**

**Thursday 21 November-Thursday 12 December (four weeks), 10am-11.30am**

**Group: Better with Age**

At Reginald Murphy Community Centre, 19 Greenknowe Avenue, Potts Point

Contact Bishop at the centre to register for this event: 9265 9133

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**Thursday 21 November, 1pm- 3pm**

**Workshop: Getting a Good Night's Sleep**

At St Helen's Community Centre, 184 Glebe Point Road, Glebe

Contact Amber at the centre to register for this event: 9265 9179



**Thursday 28 November-Thursday 19 December (four weeks), 1pm-2.30pm**

**Group: Better with Age**

At St Helen's Community Centre, 184 Glebe Point Road, Glebe

Contact Amber at the centre to register for this event: 9265 9179

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## **Community Events:**

**Ron Williams Community Centre Open Day:** Wednesday 30

October, 9.30am-2.30pm, at 5-11 Kepos Street, Redfern. Contact the centre of 9265 9180 for more information

**Let's Talk About It: Seniors' Healthy Mind Day:** Thursday 31 October, 10am-2pm, at Gunnamatta Pavilion, Cronulla

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\*\* Don't forget that we can support seniors living in the Sydney CBD, Inner West, Eastern Suburbs and St George-Sutherland area with up to four free sessions of counselling, with immediate capacity for new clients.

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## **Contacts:**

Catherine Mobile: 0429 034 483

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**Group: Better with Age.** Did you know that there are five regions in the world where the population not only lives longer than expected, they also maintain quality of life as they age? These areas – the Blue Zones – are geographically and culturally very different; but despite this, they share some common approaches to the question of how to age well. This four-week group will discuss those common approaches and explore how we can incorporate them in our own lives as we age. Topics to be covered include: the importance of connecting and belonging; how to maintain a positive outlook; the impact of eating wisely; and the benefits of moving naturally. Come along and find out what you can do to help create a better, longer life.

**Workshop: Getting a Good Night's Sleep.** The workshop will help you understand why sleep is important for feeling healthy and energized. It will cover common sleep problems, like trouble falling asleep or waking up during the night. The workshop will also share simple tips to improve sleep, such as creating a calming bedtime routine and making small changes to daily habits. You will learn easy relaxation techniques to help sleep better and feel more rested each day.