



## MELBOURNE SOUTH YARRA RESIDENTS GROUP INC.

*Established by the residents of South Yarra in 1969*

# Bulletin

## The South Yarra Senior Citizens Centre is reopening

The CoM has started the process of reopening the South Yarra Senior Citizens Centre.

Here is their press release:

*The Centre is now open for general community access on Tuesday and Thursday mornings from 9am to midday for the first stage of reopening. You are welcome to come and have a cup of tea, catch up with friends and enjoy the beautiful surrounds. Some things are different with COVID-19. This is to help make sure that you and our staff stay safe. These arrangements reflect both Victorian Government and City of Melbourne COVID-safe requirements. These arrangements are part of a transition process to reopening the Centre and we will let you know when we can make further adjustments.*

*Bookings are required to visit the Centre during these times. This is so we can maintain physical distancing requirements. It also allows us to contact you quickly in the event of changing government restrictions. For more information or to make a booking for a visit or an activity, please contact the Healthy Ageing team on **9658 9190** or email*

*[healthyageing@melbourne.vic.gov.au](mailto:healthyageing@melbourne.vic.gov.au)*

***Tai Chi and Tea** has returned on Thursday mornings from 10am to 11.30am. When the weather allows, these sessions will continue to be held outside in Fawkner Park. Otherwise the session will move inside (subject to COVID-safe requirements). No prior experience necessary and all abilities welcome. We recommend wearing loose and comfortable clothing. Booking is essential.*

***Connect Café**, a one-to-one technology support program will be available on Tuesday morning in May and June to help you learn new skills and solve problems. You can bring your own device or use one of ours. We can help with connecting to Wi-Fi, setting up and using email, video chatting with friends and family, finding information about services, learning about what is happening in your neighbourhood and more. Booking is essential.*

*Two community organisations that previously used the Centre have also returned. **University the Third Age (Melbourne City)** and **Melbourne Line Dancing** are member-based organisations delivering activities for older people. Let us know if you're interested and we can put you in touch with the organizers.*

***City of Melbourne's Social Support Group** program is also now available in South Yarra one day per week. This is an activity program for people who need a bit of extra support to attend a social activity. It can also provide a much needed break for someone caring for a loved one. An assessment via My Aged Care is required for the program. Fees and a waiting list apply. Let us know if you think this might be suitable for you or a loved one and we can help you get connected.*

***The timetable for the Centre in the first stage of re-opening***

<i>Day / Time</i>	<i>Morning session 9am to 12pm</i>	<i>Closed (cleaning) 12pm - 1pm</i>	<i>Afternoon session 1pm to 4pm</i>
<i>Tuesday</i>	<i>General community access Connect Café (from 4 May)</i>		<i>Melbourne Line Dancing</i>
<i>Wednesday</i>	<i>Social Support Group program</i>		
<i>Thursday</i>	<i>General community access Tai Chi and Tea (10am to 11.30am)</i>		<i>U3A Melbourne City</i>

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