



Do you consider yourself an older adult?

Looking for ways to stay active and connect with your community in the Barwon Region during current COVID restrictions?

Here are some links to local activities and ideas to keep you moving or inspire you to try something new!



Considered one of the fastest growing sports, Pickleball combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball with holes.

The game is popular because it is fast paced and more social because it is played on a smaller court, so communication is easier, and there is less physical strain on the body. It is suitable for all ages but in particular for older adults who may experience physical limitations.

Pickleball is now here on the Bellarine Peninsula located at Memorial Hall, The Avenue, Ocean Grove on Thursday morning meets.

Teams of doubles are formed on the day and groups of four play on three badminton courts. If any Lifestyle Activities Club Member and/or anyone interested would like to try Pickleball to improve balance, agility, reflexes and opportunity to socialise contact Terry on 0408 556 697.

For more more details of the game, click on the link below to watch a game of Pickleball

[.https://www.youtube.com/watch?v=PeBMSRiC4Q](https://www.youtube.com/watch?v=PeBMSRiC4Q)

(Be sure to call Terry to discuss the state of play inline with COVID Government Stage 3 restrictions)



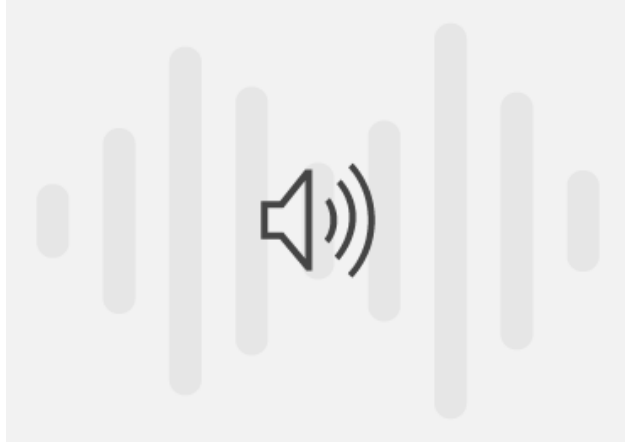
Wanting to get back into something that has you smiling and singing again? Perhaps you have space in your home to create a dance floor?

There are so many reasons why being active can support your overall health and well-being.

As you age, your body needs to maintain muscle mass, coordination, and balance, being active is also a form of falls prevention.

You could start by.....

A seated toe tap, gentle stretch and if you and your body feels like it, a good old fashioned boogie. Click on the play button below to Elton John's Crocodile Rock to start the movement!



<https://sway.office.com/xneUFqeCfrZJxvWg#content=MrWW8eDYeaS75F>

[Want to get some Active @Home cycling tips. Click on this link to learn how to start your cycling journey!](#)



Check out www.geelongaustralia.com.au/park/paths website for listed maps for local cycling areas in and around the Bellarine.

Carer Walk and Talk Meetups.



A recent survey published by Carers Australia outlined how COVID 19 has impacted carers of people with disability, mental illness and chronic illness. Carers are reportedly facing increased challenges to their overall wellbeing on top of their role as carer.

According to Carers Australia a high proportion of carers are aged 45 years and over, just as importantly an even higher proportion of carers are aged 65+. Are you a carer looking to increase your Physical activity?

Being active can play a role in supporting your overall physical and mental health while promoting social connections.

Are you an older adult interested in connecting with other like minded carers through a Walk and Talk?

If so complete the register of interest link below.

<https://www.surveymonkey.com/r/ZV3Y82R>

Or want to know more about it?

Email Nat.Nolan@leisurenetworks.org or by phone 5222 3911.

(Please note a carer walk and talk is currently restricted to exercising with one other person only outside your household with a face mask while staying 1.5m apart as per COVID Stage 3 guidelines.). People interested will be matched with those living in close residential areas.

A Walk and Talk Blog..... to help start the walk and talk conversation.

This is for you the carer!

The elements of fun, laughter, and active movement can often help to balance our mental health and well-being irrespective of age.

These elements that form part of our social connection can be marginally different for people in a caring role. The life of a carer as reported by Carers Australia; experience larger scale of disadvantage. Carers have been measured as having; the lowest well-being index of any large group in Australia.

Having someone to talk to that is like minded, share a smile, laugh or even reflect on a memory may help with perspective and can add value to the little things in life. Physical and mental health can enable a person to celebrate those 'little things'.

The message here is time, giving yourself time for a walk and talk can provide value to the little things in your life. Physical activity allows time to reflect.

There is an 'unknown author' who wrote about human social connection, and reads as; "It doesn't matter where you are going or how you travel, what matters is who is beside you." The importance of fun as a social connector, having someone to walk, talk and smile may help provide the balance carers often need.

Walking is a great activity for all ages. As we get older, we don't always want to go for a run, play golf or take part in a local game of tennis. Active ageing can happen in many ways, and taking part in a local walk and talk meet up can be the gift you give to yourself.



A great way to bring the wellbeing into your life, why not try Yoga. Check out this Free event online.
#30daysAYogi

<https://thisgirlcan.com.au/events>

