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ACTIVE AGEING IN WYNDHAM

NEWSLETTER Spring update

Getting older Wyndham
residents fit and active



INSIDE THIS EDITION

- Pilot launch of our program
- Testing our program
- Behind the scenes
- Open days – Results
- Eagle Stadium – Walking and Yoga
- AquaPulse – Aqua Aerobics
- The Mens Shed – Tai Chi
- Seniors Exercise Park

WELCOME

Welcome to the first update of Active Ageing in Wyndham.

As many readers will know, Wyndham City Council was successful in receiving funding from the Federal Government through the Sports Australia Move it AUS – Better Ageing Grants Program.

The funding stream was established to increase participation in physical activity among Australians aged 65 and over, with an objective of improving overall health and wellbeing.

In line with this, our objectives are to:

- Get inactive older Wyndham residents active
- Enhance their understanding of the benefits of regular physical activity
- Be different in our approach
- Customise our programs to meet the needs of our older residents

The program will focus on the delivery of physical activity programs and activities for older adults over the next two years, piloting the delivery in a range of non-traditional settings.

You are receiving this update from activeageing@wyndham.vic.gov.au for program updates. If you want to unsubscribe please contact us activeageing@wyndham.vic.gov.au



CONTACT US:

Wyndham City Council
Active Ageing Program

45 Princes Highway, Werribee, Victoria 3030

Telephone: 03 9742 0777

Website: www.wyndham.vic.gov.au

Email: activeageing@wyndham.vic.gov.au

ACTIVE AGEING IN WYNDHAM PROGRAM

As part of the launch of the program, Council has engaged Western Leisure Services (WLS) and other fitness professionals to provide customised exercise activities at various locations throughout the municipality.

The pilot series of exercise programs were held in late 2019 at Eagle Stadium, AquaPulse and the Seniors Exercise Park in Hoppers Crossing.

The program will be delivered across four terms in 2020.

- Term 1: January – February 2020
- Term 2: March– May 2020
- Term 3: June – August 2020
- Term 4: September – December 2020

Who can register for this Program?

Participants of the Active Ageing in Wyndham program must be Wyndham residents and aged 65 and over. Participants will also be required to complete a pre and post evaluation questionnaire set by Sport Australia's Move it AUS Grant Program.



We are currently reviewing and evaluating our series of Pilot Programs, we are planning our Timetable of Activities for 2020.

Visit our website for more updates:
[www: wyndham.vic.gov.au/activeageing](http://www.wyndham.vic.gov.au/activeageing)



PILOT TESTING OUR PROGRAM

Before launching, it was important that we trialled our program documentation with potential participants.

Council engaged a group who regularly attend the Mens Shed in Wyndham Park to pilot the paperwork, ensuring it was easy to complete and accessible.

They quality tested our program application form and completed the online essential pre-evaluation set by Sports Australia.

We had a great morning, all testers expressed interest in the Active Ageing Program and suggested a customised Tai Chi class as their activity of choice.



Special Thanks to The Mens Shed – your input and time has been valuable in finalising the documentation.

The scones were a hit too.

BEHIND THE SCENES

On a visit to the Seniors Exercise Park, the Active Ageing Project Officer met with a number of Wyndham residents participating in the ENJOY research project – a partnership project led by the National Ageing Research Institute (NARI) in collaboration with Wyndham City Council.

They all spoke about how they utilise the Seniors Exercise Park weekly and how passionate they are about keeping active in their day to day lifestyle. So, we thought what great ambassadors to promote our Active Ageing Program. We organised an onsite photo shoot and promotional video production.

Special thanks to NARI – Associate Professor Pazit Levinger, Sam Knight– Student Placement Deakin University, Wayne, Vicki & Nola for their contribution to our marketing collateral.

OPEN DAYS SENIORS WEEK

The Open Days held during Seniors Week in early October were well attended by residents keen to get active.

A special thanks to Western Leisure Services Special Project Lead, Anja for assisting us in our series of Open Days and customising our programs for the residents of Wyndham.

We had people arriving extra early to get in first and see what all the fun was about.

Attendees were asked to complete a short survey to help guide the types of programs and activities that will be offered, and where. Thanks to all who took the time to do this, this invaluable feedback will help to guide the types of programs offered next year. Results are on the last page of this newsletter.

The exclusive Spring timetable was also launched at the Open Day.

Activities included:

Beginners Walking and Yoga
at Eagle Stadium – 6 week program

Beginners Aqua Aerobics
at Aquapulse – 7 week program

Programmed Seniors Exercise Park
at 80 Lonsdale Circuit
Hoppers Crossing – 6 week program

Please Note: we still have limited vacancies available for activities above, please call us to discuss.



EAGLE STADIUM WALKING AND YOGA

Our Beginners Walking and Yoga launched at Eagle Stadium, the weather was just magic. We couldn't have picked a better day to be outside and feel the vitamin D. Thanks Ronnie from Eagle Stadium for making the first day welcoming to our Active Ageing Program participants. We look forward to hearing all about the benefits of this activity and the new friends made in this group.

If you are interested in this activity, please contact our Active Ageing Project Officer as we still have a few vacancies available for Monday Walking & Yoga group – time: 12.00pm to 1.00pm.



AQUAPULSE AQUA AEROBICS



Aqua Aerobics beginners class launched at Aquapulse in late 2019, and it was great to see so many arriving early and ready to jump in. The feedback was very positive, and it was fantastic to hear that many participants had not been in a pool for 40, 45 and even 50 years. Thanks Alycia from Aquapulse for making the first day welcoming to our Active Ageing Program participants. We look forward to seeing you again poolside.

MENS SHED TAI CHI

Our customised Tai Chi program has been set up onsite at the Mens Shed at Wyndham Park Community Centre.

The program has been customised by Western Leisure Services and our qualified Tai Chi Instructor - John. It's great to see the Mens Shed wanting to be part of this program and utilising our nearby parkland. What a view, great to see you are all doing so well.

If you are interested in this activity, please contact our Active Ageing Project Officer as we still have a few vacancies available for Thursdays between 9.30am and 10.15am.



SENIORS EXERCISE PARK

The Seniors Exercise Park program is proving to be a hit, with WLS fitness professionals delivering onsite program to our participants. This activity is currently booked out for 2019.

We will be programming more classes in 2020.

**WHERE
IS IT?**

**Next to Central Park
Community Centre
80 Lonsdale Circuit,
Hoppers Crossing**



ONSITE CONSULTATION

Wyndham City has delivered an onsite briefing about our program to the residents of Wyndham Grange Village.

This was well received, with residents expressing interest in activating their onsite gym and balance, strength and stretch classes as well as Tai Chi.

We are currently working on a plan to bring our customised programs onsite in 2020.

Other consultation is continuing with various community groups throughout Wyndham.

We have a community group at Iramoo interested in chair-based exercise programs as well as dancing.

Please contact us if you would like more information.



SURVEY RESULTS

