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Dear << Test First Name >>

Welcome again to the ESNLC Newsletter. This month we are highlighting our Chaos to Calm Evening Series and our Seniors Musical Tea Party.



## CHAOS TO CALM - Evening Workshops

Chaos to Calm is a short series of 6 once off workshops that invite experts in the field of Wellness to share their knowledge on how to move your life from Chaos to Calm - living an easy, happy life which is what we all want. Each workshop is at 87 Tennyson st Elwood, 7pm to 8pm and you can choose to attend the workshop/s that you feel would help your life. Workshops are \$15 each or FREE for members and concession (you can become a member for \$1 on the night if you aren't already). If you want more information for to book into a workshop ph: 9531 1954 or email [education@esnlc.com.au](mailto:education@esnlc.com.au).

### **Tuesday 22/10 7-8pm - WHAT'S YOUR STORY**

The first workshop is an interactive class exploring how storytelling can help our sense of the world and shape who we are. It is let by Anton Anagnostou (Wellness Practitioner).

### **Monday 28/10 - 7-8pm - THE ART OF MINDFUL READING**

This workshop explores Bibliotherapy. This is derived from the ancient Greek

This workshop explores Bibliotherapy. This is derived from the ancient Greek art of selecting texts and using these to discuss and find meaning in your own life. Led by Sonya Tsakalakis (Bibliotherapist)

### **Monday 11/11 - 7-8pm - LEARN SELF MASSAGE**

Do you love a massage but can't always make it to the masseur as much as you would like? Learn the art of self massage and feel all the benefits of a massage without leaving the house or having to beg your partner/children/significant other. This workshop will include knowledge and practice of self massage techniques and stretches to improve posture and relieve pain.

### **Tuesday 12/11 - 7-8pm - TRAVEL AND ADVENTURE: Tools, tips and resources.**

This workshop will touch on self love and the joy of going on an adventure. How to create your adventure and the benefits it brings.

### **Monday 25/11 - 7-8pm - HAPPY PETS HAPPY OWNERS**

Bring your dog along to this workshop and you can both hear stories of how pets positively contribute to our mental health and recover. You will hear tips on nutrition, care and lifestyle to keep your pets healthy and happy.

### **Monday 2/12 - 6.30-7.30pm - YOGA NIDRA**

Yoga Nidra is a mediation style yoga. It is a state of consciousness between waking and sleeping, like the "going-to-sleep" stage, induced by a guided meditation. There is evidence that yoga nidra helps to relieve stress. It has been applied by the US Army to assist soldiers to recover from post-traumatic stress disorder. Cost is by donating what you think the class is worth and this will go to the Asylum Seekers Resourceful Centre. Please don't wear fragrance to this class.



## **Seniors Festival - Musical Tea Party**

On Thursday 10th October we held our annual Musical Tea Party as our celebration for Seniors Week. Our singer, Phil Carroll was amazing and had everyone singing along or up and dancing. We had some lovely afternoon tea which was prepared and served by our amazing volunteers. This party was only possible because of our volunteers and we would like to thank Helen McDonald, Cassie Williams and Oanh Nguyen for all of their hard work. Here is a photo of Melanie and Oanh getting ready for the party!



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## Bits and Bobs

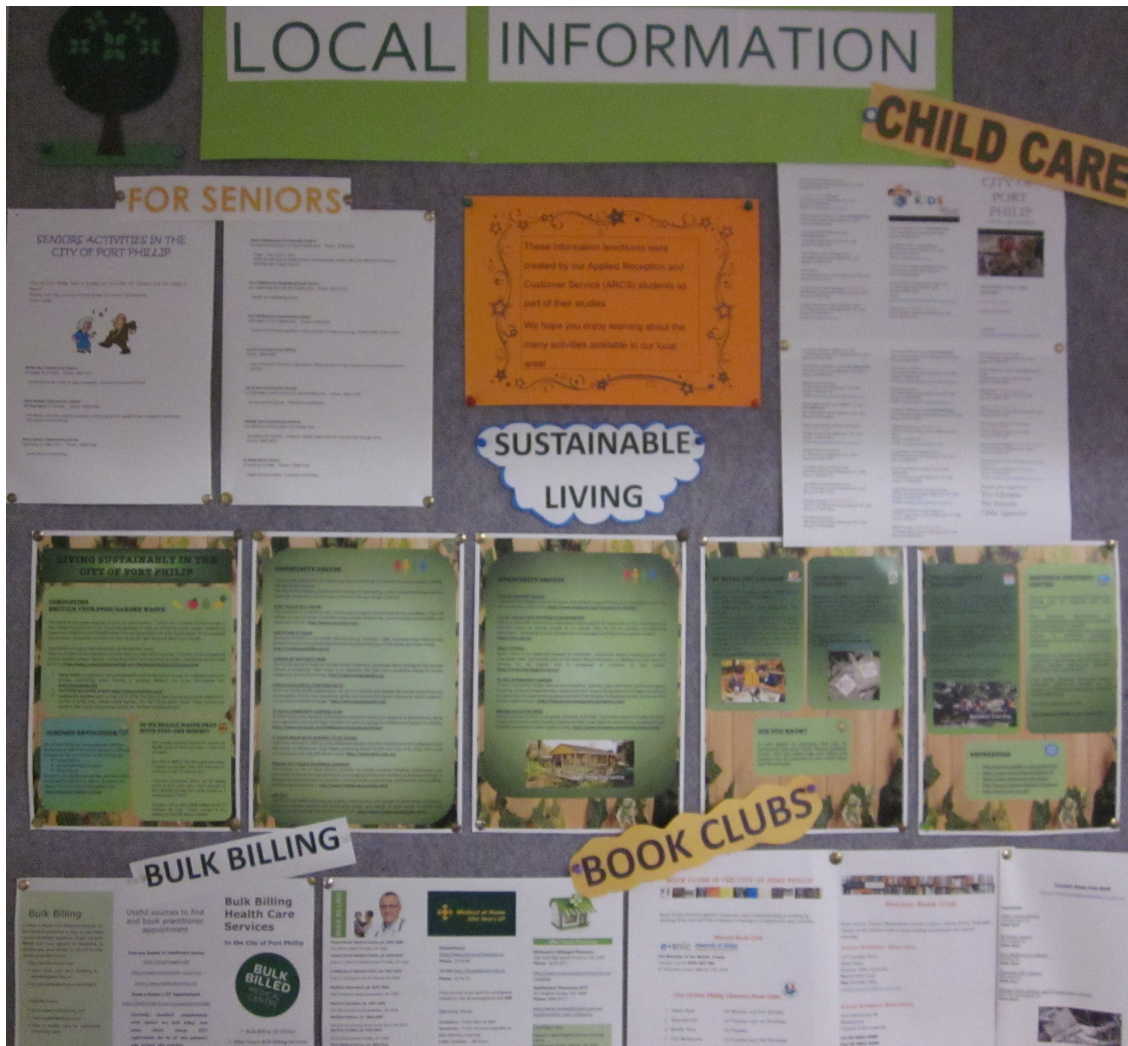
### **Please note our new office hours**

The Office will no longer be open on Fridays. While events and classes may still continue on Fridays, you will be unable to access the internet cafe, make payments or bookings. If you wish to contact us please leave a message and we will return your call on Monday.

### **We need an old android phone**

Do you have an old android phone that you would like to donate to ESNLC? We just need one to connect up to our online texting system to make it work so it doesn't need to be a good phone, it doesn't even need working buttons. If you think you can help please call us on 9531 1954 or drop in.





## Local Information Noticeboard

We have a brand new noticeboard in our dining room which showcases the fantastic array of activities and resources available to residents in the City of Port Phillip!

It was created by our reception volunteer, Lisa, using the brochures that were created by our ARCS (Applied Reception and Customer Service) students as part of their studies.

The current topics include Living Sustainably, Child- Care, Bulk Billing Medical Centres , Book Clubs and activities for seniors

We plan to update the board regularly with different topics, so you are bound to find something of interest.

We hope you will investigate this resource for yourself or direct your students to it!

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