

**Social & recreational
activities**

Community like no other

Whether you're a social butterfly, outdoor explorer or library lover, the village boasts a huge range of amenities to keep you active and engaged. These include yoga and pilates classes, lush gardens, a billiards room, outdoor pool, library, both lawn and carpet bowls and much more. We also offer weekly tours and excursions to interesting destinations within the local community and beyond.

Art Groups

Discover the artist within and try your hand at acrylic, oil, pastel or watercolour painting at one of our relaxed and inspiring art classes.



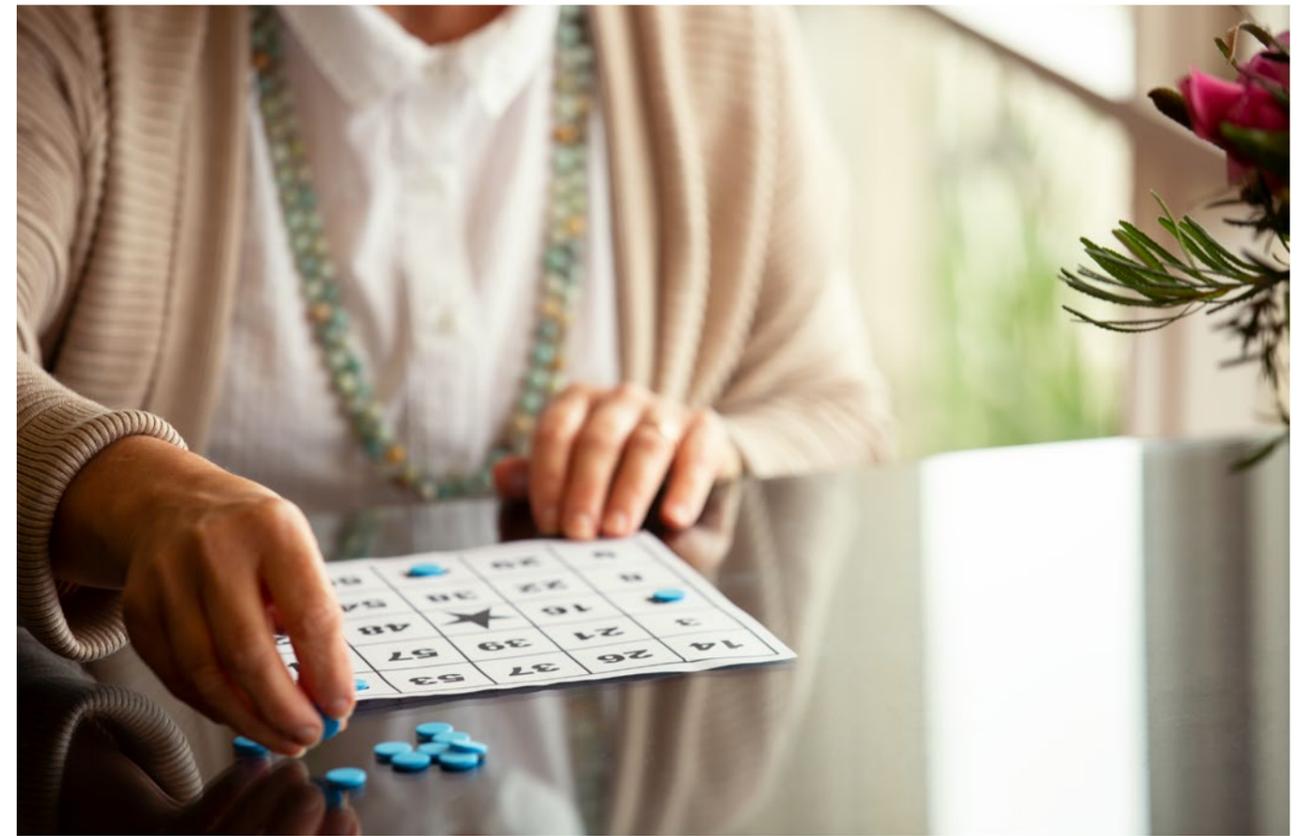
Whether you're a lifelong art lover or a nervous novice, artistic expression can be a highly effective way to process feelings, thoughts and ideas, as well as celebrating the beauty and wonder of everyday life.

Our artists-in-residence are encouraged to embrace their own unique perspective and draw inspiration from their experiences and the beautiful natural surrounds.

At the end of the year, artistic works are transformed into high-quality celebration cards that can be shared with friends and loved ones.

Bingo

Winner, winner, chicken dinner! Cumberland View bingo sessions are a lively and entertaining version of the much-loved favourite.



What better way to spend a Wednesday afternoon than with a spirited game of competitive Bingo?

Come join the dancing queen, dirty Gertie, the two fat ladies and co. as you compete to win vouchers for the Cumberland General Store, where you can purchase a delicious range of gourmet treats and household essentials.

Bingo sessions are held every Wednesday afternoon at the Wilma Sutton Hall, and all are welcome. It's a great place to meet friends and you never know who might take home the grand prize – it all depends on the luck of the draw!

Bowls Club

Improve your fitness and co-ordination and connect with the community by joining in this popular precision sport, played both indoors and out.



Lawn Bowls is a fun and easy way to get out into the fresh air, get moving and make new friends.

Games are played every Tuesday and Saturday afternoon, with twilight games on Thursdays during Daylight Savings.

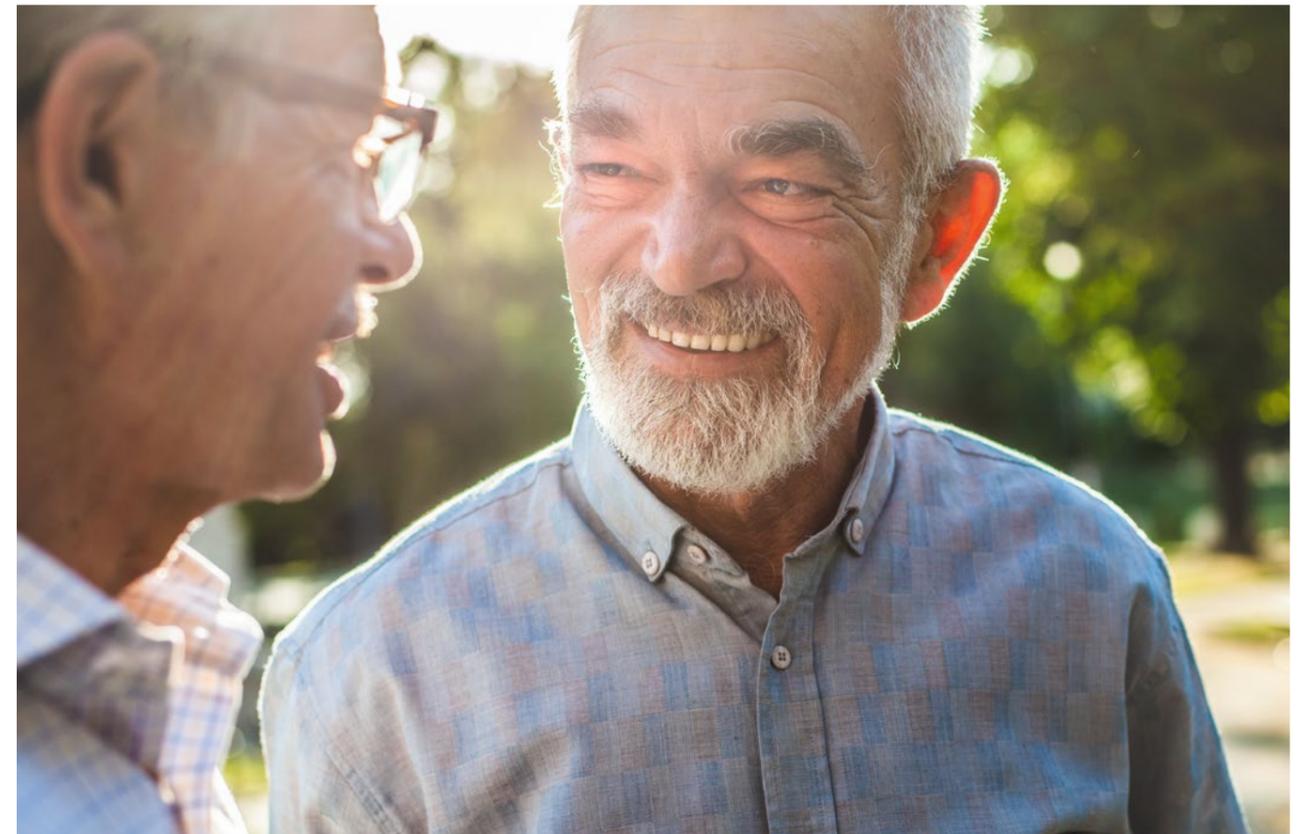
In the colder months, indoor carpet bowls is played on Saturday afternoons. Similar to lawn bowls but with a few rule variations, it's every bit as fun!

Team t-shirts are provided, and tuition is offered for inexperienced players.

The Bowls Club are a friendly and inclusive group, and all games are followed by a lively happy hour.

Cobbers

Originally founded to foster mateship between Aussies and Brits following WWII, 'Friends Make Friends' is the Cobbers' motto - and this one's just for the fellas.



The Cumberland Cobbers is a men's social group who get together once a month for friendship and frothies.

The group – along with our friendly bus driver, Ricky – also organises day trips to various places of interest in and around Melbourne like the Shrine of Remembrance, Montsalvat and Williamstown.

The Cobbers are a happy lot and are always keen to welcome new members. They meet on the third Friday of each month and membership is open to all male residents. There is a small participation fee which goes to the provision of refreshments.

Croquet

Dating back to the 1830s, the game of croquet remains a popular and social pastime that exercises both mind and body.



It's a fun, low-impact game of strategy and the perfect way to enjoy an afternoon on our beautiful sporting green.

The croquet season runs September to April, with games played every Tuesday and Saturday. Come along and join in or spectate; there's no experience necessary and our resident experts are happy to offer instruction to newcomers.

During the off-season the club meets in the Wilma Sutton Hall to play indoor croquet on Tuesday mornings and board games on Saturday afternoons.

Croquet club social events are also arranged throughout the season, with the annual Christmas lunch always a highlight.

Devotions

Whatever your beliefs, we can all benefit from setting aside a few hours a week for guided prayer, bible study or simply quiet reflection.



Spirituality and faith are an important part of daily life for many of our residents. The Devotions group meets every Wednesday morning for Ecumenical services at the Wilma Sutton Hall, with sermons given by a roster of visiting Reverends from the local community.

The services are friendly and inclusive, and residents from all faiths and cultural backgrounds are welcome. Worship is followed by a delicious morning tea in the adjacent Terrace Lounge.

We also host an informal Bible study group on Mondays, with all residents invited to participate.

Garden & *Conservatory*

Rain, hail or shine, the conservatory is a tranquil and beautiful space bursting with colour and life.



One of the most notable features of our beautiful sprawling grounds is a magnificent glass conservatory bordered by flourishing garden beds. Residents are encouraged to house plants from their personal collections here, and the glasshouse is blooming with an array of stunning orchids, bromeliads, indoor plants and hanging baskets, as well as a fishpond surrounded by carnivorous plants, all maintained by our residents.

A propagating bench has also recently been installed to allow the reproduction of new plants from seedlings and cuttings.

It's a wonderful place to strengthen your connection with the environment and marvel at the many miracles of the natural world.

Garden Lovers

Get your gloves on and join a community of residents who LOVE to garden!



An appreciation for the natural environment and the great outdoors are common ground at Cumberland View, with the beauty of the surrounding landscape being what draws many of our residents to us.

The Cumberland Garden Lovers are a group of green thumbs who meet once a month to discuss all things gardening, exchange tips and practical advice, hear guest speakers and enjoy films about the great gardens of the world.

The Garden Lovers also delight in making regular excursions to visit some of Melbourne's most beautiful and celebrated gardens and nurseries.

Library

Whether you visit for business or pleasure, solitude or socialising, you'll find books, board games and big ideas to explore at the village library.

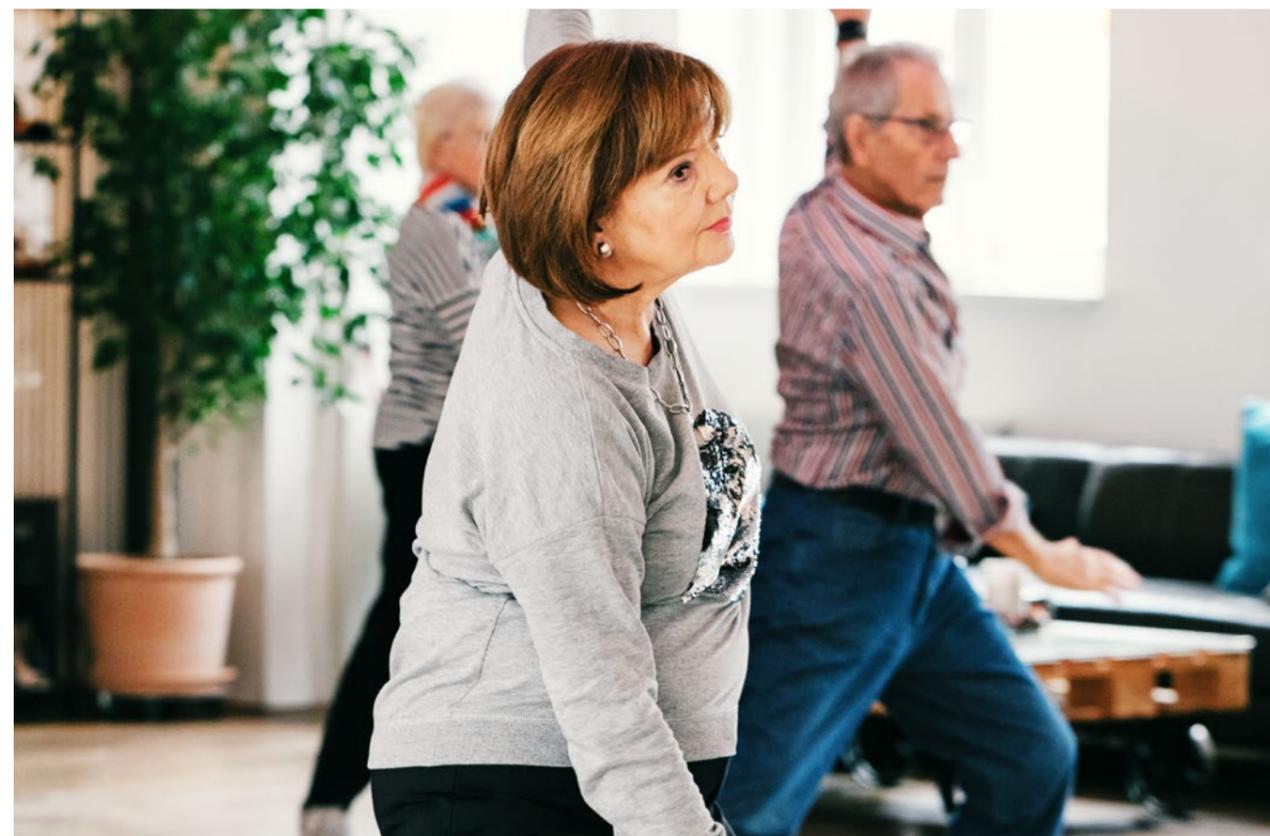


Looking to relax with the latest bestseller, enhance your general knowledge or simply while away a quiet afternoon in cosy comfort? Then the library is the place for you.

The village library is housed within the community centre and stocks a comprehensive collection of classic and contemporary resources including large print books, DVDs and talking books, as well as an extensive selection of high-quality jigsaw puzzles.

Line Dancing

Yee-hah! Leave your inhibitions at the door and get to boot scootin' with this heart-healthy and highly social dance class.



A relatively new addition to the village activities roster, line dancing has become a hugely popular social activity, with benefits that include enhanced fitness, balance and mental outlook.

Our line dancing group meets every Thursday morning to hot step their way around the main hall. The class is led by a professional instructor and open to all, so whether you're an experienced dancer or you have two left feet it's a fantastic way to keep fit, improve your co-ordination and have fun!

Movie Night

Movie buffs and social butterflies alike will enjoy these entertaining evenings, featuring screenings of classic and contemporary film favourites.



For the cinephiles or anyone looking for a fun night out in good company, the village hosts a monthly movie night in the main hall on the (very) large screen.

We screen a variety of popular classics and recent releases, with the nominal entry fee going towards the acquisition of new DVDs.

The AFL Grand Final and the Melbourne Cup are also special 'big screen' events, with a barbecue, drinks and sweeps included.

Music Lovers

From Claude Debussy to Dizzy Gillespie, the Cumberland View Music Lovers convene monthly to appreciate great music through the ages.



Our Music Lovers meet one Sunday afternoon a month in the Club Lounge to listen to music and enjoy afternoon tea overlooking our gorgeous village gardens.

The music – usually classical or jazz – is selected by a different member each month. The group also enjoys screening music-related DVDs which have included Andre Rieu, Cirque du Soleil, The Last Night of the Proms and various ballets and operas.

Local musical ensembles are also invited to perform on occasion, with past guests including the Southern Area Training Band, the Mandolin and Guitar ensemble and local university bands.

Pilates

Bend and stretch your way to better health with this simple but powerful physical fitness system.



Universally recognised as an effective and gentle way to build strength, increase balance and flexibility and improve overall physical conditioning, pilates is a low-impact form of exercise that focuses on slow, precise movements and breath control. It's designed to strengthen and stabilise your core, so that you can move efficiently while improving your posture, flexibility, and mobility.

Our residents enjoy regular pilates classes led by our qualified pilates instructor, Heidi, who is also a remedial massage therapist. Classes are tailored to suit the participants, with both floor and chair-based exercises incorporated.

Residents of Retirement

Villages Victoria

An essential platform for the rights and advocacy of village residents.



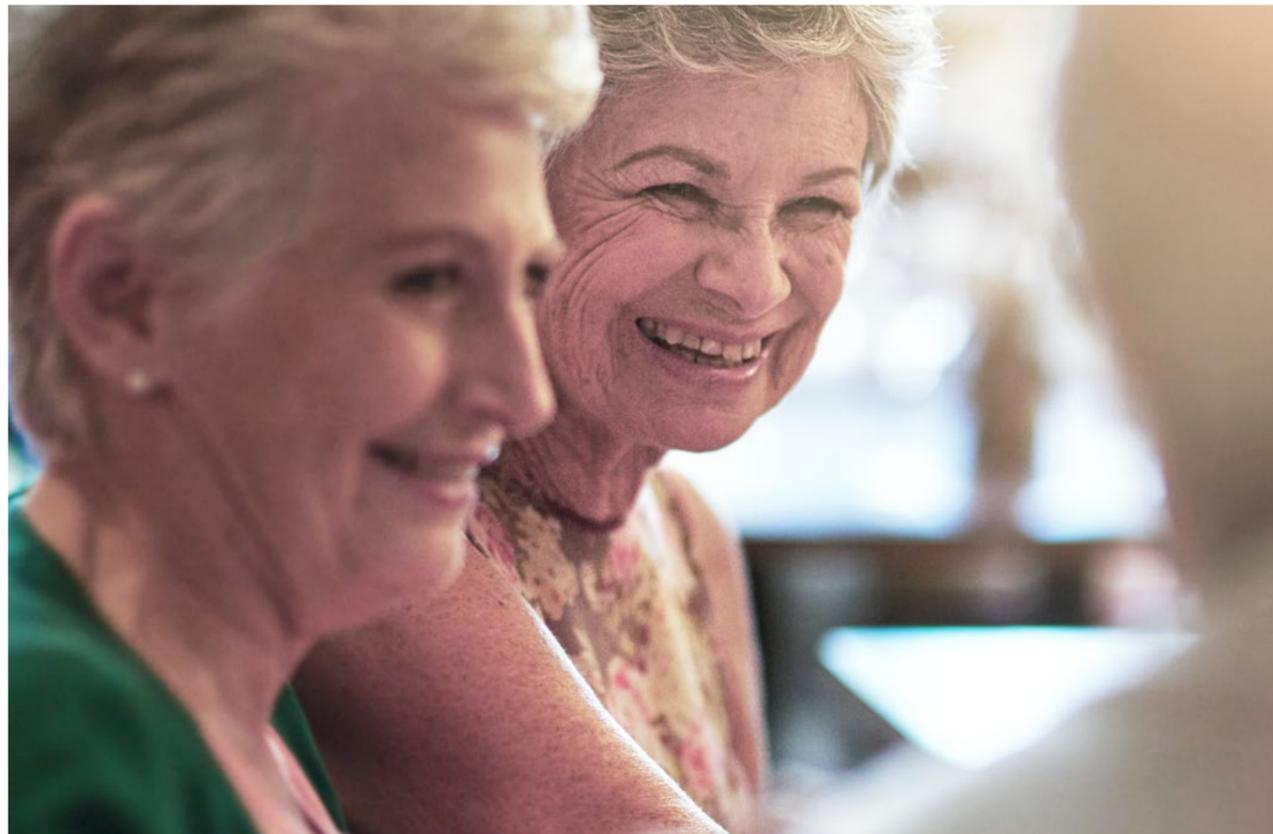
The RRVV is an organisation created to formally voice residents' views, ideas and opinions, contribute to policy debate and to advocate on behalf of the community of retirement village residents. They also provide general information concerning retirement village matters and encourage sustainability in existing and future villages.

The RRVV also assists residents to resolve disputes with operators or each other by referring them to the appropriate legal support services.

Here at Cumberland View Retirement Village, we have an elected representative who attends meetings and liaises with our community about issues and information discussed at the meetings.

Social & Fundraising *Committee*

A fun and social way to get involved with village life and raise funds to enrich the Cumberland View community.



Social events and activities play a huge role in making life at Cumberland View so enjoyable, so it's no surprise that our Social & Fundraising Committee is the heart and soul of our community.

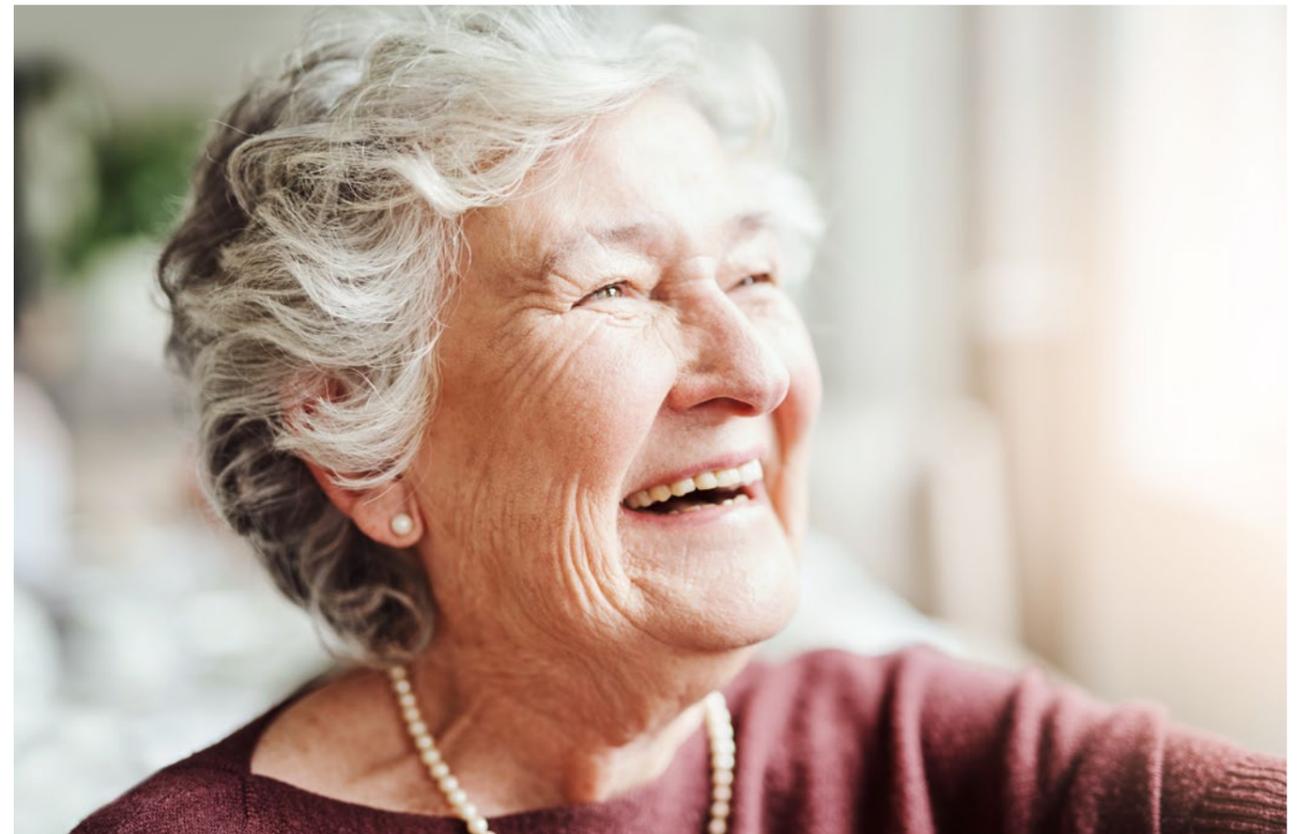
Each month the committee organises a variety of fun and well-attended events including dinners, fashion parades, charity events, markets and more!

They also host regular fundraising events, the proceeds of which go toward the acquisition of special items for the residents collectively - for example new bench seats for the gardens.

They are an invaluable, hard-working team and our village wouldn't be the same without them!

The Revue

All in the name of entertainment, the Revue is open to anyone looking to seize the spotlight, make new friends and have fun (musical talent not required)!



Our annual Revue is a highly anticipated event on the Cumberland View social calendar, with many friendships forged and hours of fun and laughter poured into preparation and rehearsal.

Produced and performed by residents with cameo appearances from staff, the Revue is an hour and a half of non-stop musical entertainment.

It features everything from Lady Gaga to Opera, with some exceptional voice talent...and a lot of very convincing lip-synching!

Rehearsals are held weekly with performances given on the last two Friday nights in November. All proceeds from opening night go to a charity of the residents' choosing.

Tours & *Excursions*

Set off for a social day out and a chance to discover new passions and pastimes in the company of your community.



As complete as village life at Cumberland View may be, we still love to get out and explore what's on offer beyond our grounds. Our residents organise regular excursions to the theatre to enjoy performances of shows like Mamma Mia, Priscilla – Queen of the Desert and The Carole King Show, as well as movie luncheons, weekends at the coast and a range of other tours and trips to special sites around Victoria, including a Christmas lights tour each December.

These trips are invariably fun and invigorating and serve to strengthen our connection with the wider community.

Workshops

The workshop provides a safe and friendly environment for residents to work together and hone their handyman skills on meaningful craft and construction projects.



Welcome to the workshop - or 'Men's Shed' - where woodworking and repair work are carried out amid the hum of conversation and the occasional fizz of a hard-earned beer. Here you can watch a humble piece of timber transformed into a piece of furniture or a prop for the annual Revue, a garden bed or plot holder.

Contrary to its nickname, many workshop regulars are women who stop in for a chat or some advice, or to borrow some tools. More than just a place to gather socially, the workshop offers a useful and valued contribution to village life.

Yoga

Embrace this ancient spiritual and physical discipline – practiced by over 300 million people worldwide – and discover a deeper connection between body and mind.



Yoga is a low-impact activity that uses postures, breathing techniques and meditation to encourage harmony in the body, mind, and environment. The benefits of regular Yoga are many and varied, including increased strength, balance and flexibility, relief from back and arthritis pain, lower stress levels, improved energy and mood and better sleep quality.

Led by our qualified Yoga instructor Nettie, our Yoga classes are held once a week in the Club Lounge. They're an excellent way for those with limited mobility to stay active, with classes incorporating both floor and chair-based poses and residents free to design their own practice.

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