

Look good, feel well

You deserve a holiday

With the children finally out of the house, it's time to reward yourself with a trip overseas. Be sure to enlist the help of a travel company that's in tune with your needs. **Yvonne Verstandig** of Executive Edge Travel & Events speaks to us about why this is important.

Important things to consider for travelling seniors:

Age, mobility and ability of the traveller

When designing the ideal itinerary for our seniors, we always consider each individual's mobility levels and physical capabilities. For the elderly client, a slower-paced itinerary will allow a more relaxed and enjoyable holiday, whereas the more physically fit senior may prefer an itinerary which incorporates higher levels of activity (eg. trekking, cycling etc).

Pre-existing health conditions and travel insurance

We are always mindful of our traveller's pre-existing health conditions, and ensure that they have adequate insurance cover and the right travel insurance to cover their needs.

Travel distances per day

While visiting multiple sites in one day can be fun, we still recommend our older travellers spend longer in each destination, allowing for plenty of downtime as well. We tend to limit long touring days or long driving distances between destinations.

Interests of the traveller

As every person has different interests and hobbies, we take time to understand each of our clients' likes/dislikes, which enables us to design the perfect holiday for each individual. Some seniors prefer to travel in small groups of friends instead of joining a big coach tour, so we offer options including tailor-made itineraries to suit their interests and needs.



Photo: Dreamstime.com

Unique holidays by Executive Edge Travel & Events

- Executive Edge Travel & Events offers a range of tours and options. For example, we provide touring options for elderly clients who prefer to travel with a doctor on tour, or various tours and cruises that suit the single traveller.
- We are particularly excited to present our latest two unique tours for 2013, led by beloved Melbourne-based teacher and cantor Brett Kaye. One is a heritage tour to Lithuania/Latvia and the other is a musical journey through Israel (both combined with a cruise).

For more information, contact Executive Edge Travel & Events: (03) 9519 7777; www.executiveedge.com.au.

The best years to come

Don't think that growing older means having to accept a slower, less exciting pace of life. Here are two organisations that have plenty to keep you busy:

B'nai B'rith

Offering a wide variety of activities to engage people of varying ages, stages and interests, B'nai B'rith organises activities such as bushwalks, book clubs, environmental projects, cultural events, monthly meetings, social outings, charity projects, Courage to Care exhibitions, Yad Vashem Scholarships, fundraisers for Israel and much more.

People of all ages join B'nai B'rith for various reasons – to make new friends, enjoy a variety of activities, contribute to the well-being of the Jewish and general communities, and to be part of an organisation that aims to unite all Jews.

To join in one of their activities, or to find out more information, call (03) 9576 1116 or visit www.bnaibrith.org.au.



B'nai B'rith participants on a trip to the Brisbane Ranges National Park.

National Council of Jewish Women of Australia (Victoria)

NCJWA (Vic) offers a wide variety of programs, activities and opportunities for seniors, and helps to nurture a sense of belonging and purpose.

These activities vary from card games, rummy tiles, bingo and bridge to current affairs discussion groups and beginner computer classes. There are also Golden Age Clubs for Russian-speaking residents of the former Soviet Union to provide opportunities for them to socialise, learn about their Jewish heritage and to integrate into the local community.

There are also plenty of opportunities for people to become volunteers and get involved across the organisation. Roles include administration, supporting new mothers through an in-home support program, food preparation, reading to seniors in residential facilities and working in the NCJWA's op shop.

To participate in one of the NCJWA (Vic) activities or to become a volunteer, call (03) 9523 0535 or visit ncjwa.org.au.



(From left) Debbie Strauch, Shirley Glance and Joanne Gubieski of NCJWA (Vic).

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