

I think it's safe to say that these last few months have been like nothing we've ever experienced before. Everyone has been impacted by Covid-19, and we're all finding new ways to engage, to interact, and to stay active.

Maccabi has been connecting with the community through the Maccabi Updates website (www.MaccabiUpdates.com.au), offering a range of advice, workouts, recipes and articles to help people navigate new territory.

Our All Abilities programs have been taken online, with virtual sessions being offered, and additional resources shared via our weekly member emails and Facebook page.

Over the past few months we have really seen the community spirit that embodies Maccabi shine. From having members join in sessions they wouldn't normally participate in, to coaches welcoming us to their lounge rooms via the magic of technology, everyone has done what they can to keep the Maccabi spirit alive.

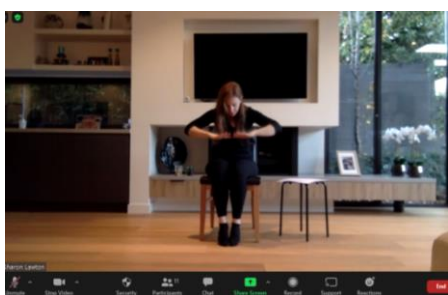
This quarterly update might not be full of the activities we'd usually be doing, but it's still full of everything Maccabi All Abilities is about – keeping our community active and connected.

Online Activities

Over the past few weeks we have run a suite of online programs to allow our members the opportunity to connect and stay active whilst staying at home. Some sessions have been run by our regular coaches, and some have had guest instructors.

The programs offered have included:

- Regular basketball-fit sessions
- Yoga
- Stretch
- Dance
- Fitness



We have had 68 attendances at 10 sessions, with 23 different members trying the online programming.

Pictured (above): our yoga instructor Sharon taking the group through a session

Pictured (right): the Maccabi Dolphins are keen to resume training

Spotlight on: Sam

What have you been doing to stay active?

Going for lots of walks and lots of runs. I even went for a bike ride. Caulfield Park is probably my favourite place to walk around and around the block.

I have also really enjoyed the basketball online sessions - it's really nice to connect with my team mates and see them. Barb's exercises are good - can be at time challenging.

What are you looking forward to on return to face to face sessions?

To see my team mates in the flesh!

What surprise activity have you enjoyed in isolation?

I have been cooking a lot! Spaghetti Bolognese is my go to!



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Spotlight on: Barb

What have you been doing to stay active?

Once Golf was allowed- golf! Otherwise walking along Gardiner's Creek Trail towards city or towards East Malvern both directions are great.

What surprise activity have you enjoyed in isolation?

Having dinner with my husband - who now comes home at a normal time!

What are you looking forward to on return to face to face sessions?

I will enjoy going out for coffee and sitting down with my friends. I will enjoy seeing all the participants face to face! Oh and going on holiday- however suspect it may be a while

How have you been enjoying the online sessions?

They have been really enjoyable it is great to interact with everyone and see the group socialising. It's been good to learn more about the individuals we coach.



Coach Barb at the 2019 end of year team dinner with members of the Maccabi Dolphins basketball team

Behind the Scenes

We've been taking advantage of our 'time out', and working on a number of things behind the scenes, which have included:

- Switching our registration system to RevolutioniseSport (a more user-friendly system with greater functionality).
- Cleaning up and streamlining a number of our processes.
- Updating our social media strategy.
- Devising a 'Return to Play' protocol and supporting materials that are customised for the All Abilities space.

What's Next?

We are currently planning for term three. We hope to be able to run a mix of online and face-to-face sessions, depending on government and sporting body requirements. We understand that some members are keen to return to face-to-face sessions, and others aren't quite ready for that environment yet, and we will do our best to accommodate everyone.

We will also run additional training for our coaches and volunteers to ensure everyone is ready to return to play.

For further information or to get involved please contact:

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