

**OM:NI**  
**An Older Men's Discussion**  
**Group**

*OM:NI's mission is to empower older men to take greater control of their lives, and to enhance their health, well-being and lifestyle in retirement.*

OM:NI groups are a meeting point for men as they approach retirement age, and in the years that follow. At OM:NI you meet, talk and laugh with other men of your age, every fortnight.

We chat about ordinary day-to-day things, and we entertain and encourage each other by sharing our own individual outlooks on life. We often find that there is something to teach each other, and also something we can learn from each other.

**If you would like to know more about our OM:NI group please call Peter Hassett on 9857 8110**

**Where:** the Evergreen Centre  
45 Talbot Ave, Balwyn

**When:** Thursdays, 10.30 am till 12.30 pm

**How often:** Every fortnight

**Cost:** \$2.00 to cover tea, coffee and biscuits

**What happens:** In the first hour we each talk about something which has interested us personally over the previous week. After a cuppa we tackle the discussion topic chosen by the group at the previous meeting.

**Who goes:** Group members come from all walks of life and include men in their fifties to the oldest member who is 90.

**What OM:NI members say:**

'I've met some great blokes, we always seem to have a bit of fun'

'I joined OM:NI and found that getting together with a group of other men was something I really enjoyed'

'The group provides an opportunity to help each other enjoy the future'

'To me OM:NI groups are about friendship, warmth and humour'

*The*  
**Evergreen**  
CENTRE

**Home of Balwyn  
OM:NI, the Balwyn  
Welfare Association  
and the Evergreen  
Senior Citizens Club**

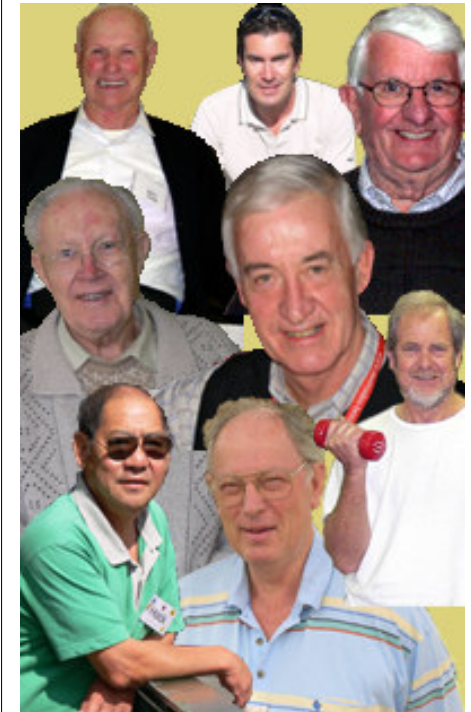
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Are you a man over 50?  
Why not come along to  
an OM:NI group?

**Balwyn Group**

Fortnightly meetings in the Evergreen Centre.

Call Peter Hassett on **9857 8110** or the  
Centre on **9836 9681** for details

# What is OM:NI ?

## OM:NI is ...

- ☑ About older men meeting in the company of other older men
- ☑ About mateship, making friends and belonging
- ☑ About a place where men listen to other men sharing joys, sorrows, hopes and achievements
- ☑ A place where men share knowledge and experience on many subjects
- ☑ A place where men can rebuild their self-esteem and are respected by their peers
- ☑ About a group where it is safe to speak your mind in a non-judgmental environment
- ☑ A base form which men earn community respect as honoured elders
- ☑ About men's health - physical, emotional, intellectual, spiritual, sexual, economic & environmental

## OM:NI is NOT...

- ☒ party political, racist, sexist, ethnic exclusive or denominational
- ☒ another dinner club or service club
- ☒ an activity club - bush walkers, stamp collectors, gardeners, wood turners, photographers etc - these clubs already exist
- ☒ a men's liberation movement or anti women in any way

## OM:NI CAN...

Become a gateway through which older men may achieve fulfillment in their 'third age' in company with like-minded peers

## OM:NI GOALS...

- To improve the overall health of older men
- To create deeper and more meaningful friendships
- To draw on the experience, knowledge and wisdom of older men
- To promote policies, practices and activities which enhance older men

***“To empower older men to take greater control of their lives”***



OM:NI is a program of Council on the Ageing (COTA) Vic

