Connect Is NCJWA Vic's set of programs for older women, encouraging social interaction while improving their mental and physical health. These programs create a sense of community and family while offering a place where older people come together, have a chat and relax. Our main programs are The Golden Age Clubs, for Russian speaking Jewish migrants from the former Soviet Union, and Seniors and Bridge clubs.

The Golden Age Clubs take place now virtually. The meetings are held in small groups and are facilitated by our coordinator Nellie Khoroshina. The meetings include guest speakers, educational programs, and discussion groups.

In Early August, just before the Stage 4 Restrictions came into force, our Golden Age Club members received a special soup kit. With the help of volunteers, Coordinator Nellie Khoroshina put together a box of ingredients to assist members to keep warm and healthy in winter. Each soup kit included legume tins, fresh vegetables and herbs. “*The members thanked us and said that this box really helped them. They didn't need to go and collect all the ingredients themselves*” said Nellie and added “*this way each member could cook the soup to their liking*”.

We have also introduced the initiative ‘NCJWA Vic Sessions’, for Seniors Program volunteers offering group discussions and guest speakers via Zoom. In the first session we invited singer and song writer Shani Weiss to share her passion for music and her interesting life story while performing her beautiful songs. We then were fortunate to host Nancy K Kaufman, Former CEO of NCJW USA, to discuss the latest Covid 19 developments and human rights implications. The next NCJWA Vic Session was very special, dedicated to the memorial for our friend and volunteer Graeme Nathan z’l.

Lastly, we have opened a WhatsApp group for the volunteers, offering a safe space for them for connection and sharing.