



Maroondah Message

What is coming up:

- **April 3rd**
walk around Lilydale Lake
- **April 7th**
meeting at **Ringwood RSL**
"Consumer Affairs"
- **April 9th**
Lunch at Banks Café
- **April 17th**
Walk to Beasley's Nursery
- **April 24th**
Coffee Club Myers
- **May 1st**
Walk along Mullum Mullum Creek
- **May 5th**
Meeting at Ringwood RSL
"Healesville Sanctuary"
- **May 8th**
Dinner at Aroy-D Thai
- **May 15th**
Walk in Warrandyte
- **May 21st**
Bus Trip to Mt Macedon
- **May 29th**
Walk around Ringwood Lake

March Meeting

Allan Wilkinson who spent 12 years living in Kenya gave a talk on "My Land Is Kenya". His time in Kenya was spent as an Insurance Broker with an international company, working with the Institute of Advanced Motorists and with various church connections.

He was most passionate about Kenya, giving us a great deal of statistics and then talking about Kenya's positives, in particular it's natural beauty, wildlife and its people.



However he also alerted us to its problems with widespread poverty, corruption and abuse of political power, lack of drinking water and the growing spread of aids.

It was a most interesting and challenging talk by someone with an undeniable love of the country and its people.

In **April** we will be warned about scams and frauds by **Consumer Affairs Victoria** while in **May** we will

hear from Marg Hookey from the **Healesville Sanctuary**

May Bus Trip

On **Wednesday May 21st** we will be making a full day bus trip to Mt Macedon. We will be stopping at Gisborne for morning tea and having lunch at the Top of the Range Cafe. This should be a good time to see the gardens in their Autumn colours. The cost will **\$40** which includes lunch.

We will be departing at 9:00 am from the car park at the rear of Sofia's on the Maroondah Highway in Croydon.

You can book at the April or May meetings or by ringing Marion on 9879-7235. Payment should be made by the May meeting.



Coffee Club

The coffee club meet on the 4th Thursday of every month at **2:00pm** at the coffee shop inside Myers Eastland. You don't need to book anyone is welcome to just show up for a cuppa and a chat (and perhaps a nice cake).

Why not come along this month for a chat and a coffee. They could do with some more males, **as could the walking group**. Just think if there were some more men there we could solve the problems of the world rather than swap grand-child stories.

Coming up coffee club days are **April 24th** and **May 22nd** (there may even be birthday cake on this day).



Exercise for the Over 50s

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 2 kg potato sack in each hand, extend your arms straight out from your sides and hold them there as long as you can.

Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 5 kg potato sacks.

Then try 25 kg potato sacks and then eventually try to get to where you can lift a 50 kg potato sack in each hand and hold your arms straight for more than a full minute. (I'm at this level)

After you feel confident at that level, put a potato in each of the sacks.



Grandmother telephones St Joseph's hospital and asked timidly "Is it possible to speak to someone who can tell me how a patient is doing?" The operator said "I'll be glad to help, dear. What's the name and room number?" The grandmother in her weak, tremulous voice said, "Norma Findlay, room 302." The operator replied "Let me place you on hold while I check with her nurse." After a few minutes the operator returned to the phone and said "Good news, her nurse had told me that Norma is doing very well, her blood pressure is fine, her blood test just came back as normal and her physician Dr. Cohen has scheduled her to be discharged Tuesday." The grandmother said, "Thank you, that's wonderful, I was worried, God bless you for the good news." The operator replied, "You're more than welcome, is Norma your daughter?" the grandmother said "No, I'm Norma Findlay in 302, no one tells me anything.

Walking Group

The walking group walk on the 1st and 3rd Thursday of each month.

On **April 3rd at 9:30 am** we return to **Lilydale Lake**, meeting in the main car park off Swansea Road. We circle the lake before heading off to the shopping centre for refreshments ,then return, usually via the longest route back to the car park

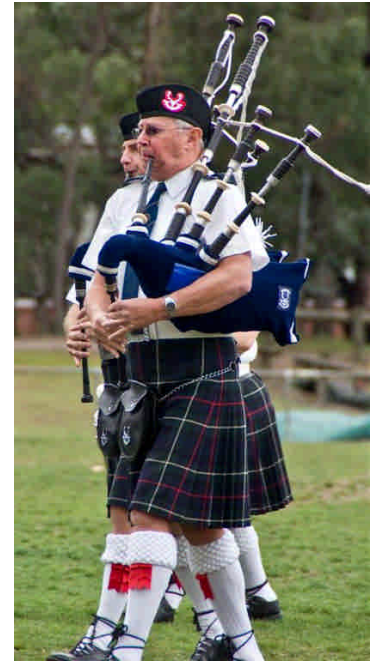
April 17th at 9:30 am we walk to **Beasley's Nursery** from the carpark behind the Hockey Centre off Reynolds Road (Melway Map 34 G7)

May 1st at 9:30 am along the **Mullum Mullum Creek** starting out from the carpark at the rear of Sofia's at Croydon and walking to the Orchid Thai Cafe

May 15th at 9:30 am along the river at **Warrandyte** starting at the carpark at the end of Stiggant Street (Mel M23 C12)

May 29th at 9:30 am Ringwood Lake round the lake and off to East Ringwood starting out from the carpark off Mt Dandenong Road.

If you are coming on a walk please let Judith know on 9726-5494



No, we don't have a piper when we walk but if we did we could use Rod Fox spotted here at the Ringwood Highland Games

Dinner Group - Thursday May 8th

The dinner group meet every second month alternating between 2nd Wednesday and the 2nd Thursday evenings.

Our next dinner is :

Venue: Aroy-D Thai Restaurant
 Address: 178 Warrandyte Roaf
 Ringwood North
 Date: Thursday May 8th
 Time: 7pm BYO Wine

Bookings: Contact Rita on 9876-1206 by 5th May



Lunch Group - Wednesday 9th April

The lunch group alternate with the dinner group meeting every second month alternating between the 2nd Wednesday and the 2nd Thursday of the month.

Venue: Banks Café
 Address: Brentford Square
 502 Canterbury Road
 Forest Hills
 Date: Wednesday 9th April
 Time: 12:30 pm

Book at the April meeting or by phoning Rae 9876-1577



**MAROONDAH-RINGWOOD
BRANCH**

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Newsletter

I will be away from the 9th of April until the middle of May so the next newsletter will not be published until the end of May. It would help me immensely if people could write articles and take their camera along to functions and e-mail me the photos so they are all waiting on my return.

COBA

Combined Branch Activities are organized by the COBA Committee made up of representatives of several branches. They are excellent opportunities to meet National Seniors from other branches as well as an enjoyable outing.

CANBERRA - Enjoy a Taste of the Spring Floriade

Thursday September 16th to Monday 22nd September \$649

There are still a couple of places available.

This trip will be a beauty and a number of people from our branch are already booked on it.

You can download a full itinerary from www.seniorsmaroondah.com

Members who have booked need to fill in a booking form and an emergency contact form and return these together with a deposit of \$50 to Eileen McGregor 9876-3941 preferably at the April Meeting but no later than 21st April 2008. A further deposit of \$200 is due by 14th July with the final payment of \$399 due by 14th August.. You can pick up these forms at the April meeting or download them from the COBA page on our web site

Telstra Dome / DFO / Police Museum - 12th June

Day starts with a tour of the Telstra Dome which lasts about 1 hour starts at 10:00 am cost \$9. Meet at the Customer Service Centre on the external apron opposite Gates 2 & 3 (Bourke St Footbridge side). Following this we will visit the DFO precinct at Southern Cross Station to shop and have lunch (all at your own cost) and then at 2:00pm we will visit the Police Museum (free entry).

We will be travelling in on the train which leaves Ring wood Station at 9:09am. RSVP at the April meeting or ring Eileen McGregor 9876-3941 before April 30th,

COBA Festive Season Lunch - Thur 20th November

Curve Restaurant at the Vibe SavoyHotel [same place as last year]. The cost is \$26 which should be paid in full by our October Meeting. This covers an excellent smorgasbord lunch including a glass of wine.

For more information on any COBA event call Peter Feeney on 9879-0622.

Other Dates for the Diary

13th June - Theatre Night with Mooroolbark Theatre Group

24th July - Christmas in July Lunch at Templestowe Hotel

16th October - Proposed bus trip to Walhalla

If you would like more information about any of these events or if you have any other suggestions for us then please speak to any of the committee members listed on the left