

January 2008  
Volume 5, Issue 1



# Maroondah Message

## Dates to Remember

Events	See Page
7 February Walk, Mullum Track	
14 February Lunch, Mullum Walk Cafe	
21 February Walk, Ringwood Lake	
28 February Coffee, Myer Eastland	
6 March Walk, Croydon	
20 March Walk, Heathmont	

## How to stay young

- Throw out nonessential numbers: this includes age, weight and height.
- Keep only cheerful friends
- Keep learning
- Enjoy the simple things
- Laugh
- Surround your self with what you love
- Cherish your health
- Don't take guilt trips
- Tell people you love that you love them at every opportunity.

## December Meeting

All seemed to enjoy our Christmas lunch at Tokar Estate; even if some were caught in that rain storm.

Our next meeting is on 4 February at 2 p.m. in the R.S.L. Building, Ringwood. On this day John Byrne, a Celebrant, will be our guest speaker.

## Walking Group

**Please Note:** The walking group walk on the first and third Thursday of each month. All walks start at 9 a.m. during the summer months.

### February Walks

On **Thursday, 7 February** we will meet in the car park of Sofia's Restaurant, Maroondah Highway, Croydon and then walk along part of the Mullum Trail. Refreshments will be taken at Mullum Walk Cafe, before we return to Sofia's car park.

On **Thursday 21 February**, we return to Ringwood Lake for our walk. We meet in the car park off Mt. Dandenong Road, Ringwood East. The entrance is just before the service station.

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## Lunch

Our next lunch is at 12.30 p.m. on Thursday 14 February at Mullum Walk Cafe, 389 Maroondah Highway, Ringwood.

Please see Rae Feeny at our February meeting or phone her to book.

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## Coffee Club

Our next gathering will be on Thursday 28 February at the coffee shop in Myer, Eastland at 2 p.m. No bookings are needed; just pop in for a coffee and chat.

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## Retiring...

The current producers of the *Maroondah Message*, Marion Cairnduff and Helen Classon have retired from production of the Newsletter this year as both have schedules that leave little time for the co-ordination and production of this newsletter. We'd like to sincerely thank all those who contributed information, photographs and jokes.