

January 2009

Volume 6 Issue 1

Maroondah Message

JANUARY BARBEQUE

Our annual barbeque at Lilydale Lake was , as usual a success.

About thirty of our well equipped members [hats, sunscreen food, drinks etc.] gathered together for an extremely pleasant few hours; sharing Christmas and New Year stories and just enjoying each others company.

We welcomed three new members; one of whom, Mark, showed his metal by trouncing the other members to win the after lunch Bocci tournament. Our good wishes to Garry, who was hoping to attend and catch up with us all, but who was unable to attend on the day due to ill health.



FEBRUARY MEETING

Our next Meeting will be on Monday February 2nd at the Ringwood RSL , Station St. Ringwood at 2.00pm. Our speaker will be Gwenda Zappala who will be speaking about Sabah, Malaysian Borneo; an eco friendly place, which is the home to the Orangutan, the proboscis monkey and the asian elephant.

She will be telling us about many of the sites of Sabah, including the Kinabalu Park - a heritage site and the tea plantation near Ranau and much more.....

For our March meeting we will be entertained by Evelyn Eadie who will be reading the poems of Pam Ayres

Dates to Remember

February 5th - 9.00 am Walk at Lilydale Lake

February 10th - 12.30 pm Lunch at the Stonehouse

February 19th - 9.00 am Walk at Heathmont

FEBRUARY EATS

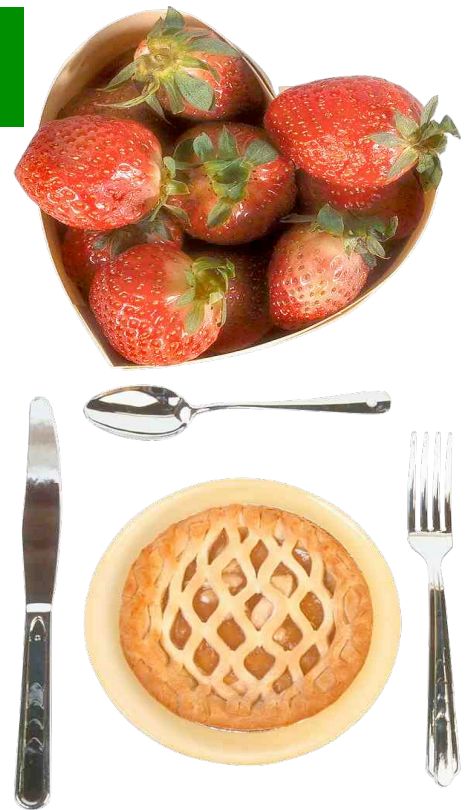
Tuesday 10th February

Time 12.30pm at

The Stonehouse Cafe

21 Warrandyte/Ringwood Rd. Warrandyte

Booking - Rita on 9876 1206



The coffee group will be meeting
on Thursday 26th February at

Myers Cafe - 2nd floor
Time - 200pm

No need to book. If you are around
Eastland just come along and enjoy the
company

Wiser Driver?

I've sure gotten old! I've had two bypass surgeries, a hip replacement, new knees; fought prostate cancer and diabetes. I,m half blind; can't hear anything quieter than a jet engine; take 40 different medications that make me dizzy, winded and subject to blackouts. I have bouts of dementia; am troubled with poor circulation [hardly feel my hands and feet anymore] and can't remember if I'm 85 or 92. All my friends are gone but thank goodness I still have my drivers licence!!!

Walking Group

Our walking group meets on the first and third Thursday of the month at 9.00am [during daylight saving] with an extra walk when there are five Thursdays in the month.

Our first walk this month is on Thursday 5th February at Lilydale Lake. This is a medium length walk.

Meet in the main car park off Swansea Rd. at 9.00am.

After a circuit of the Lake we will walk through to Hardy St. to partake of morning tea before returning to the Lake. The more energetic can complete to a second circuit before returning to the car park

Our second walk is on Thursday 19th February at Heathmont, along the Dandenong creek trail .

Meet at the carpark at the far end of Marlborough Rd. [off Canterbury].

This is probably our most taxing walk with the first half being on a slight uphill gradient, leading to Heathmont shops ;Here we can take a breather before walking back to the car park morning tea at the Heathmont shops.



New walkers are always welcome. Come and take a little exercise in pleasant surroundings and congenial company

Lunch at the movies

At this stage Hoyts have not got their February programme organised. As soon as details are available we will let as many know as possible.

Hopefully we will have more information by the February meeting.

When more dates are announced arrangements will be as before;

Meeting in the foyer at Hoyts Eastland at 10am, the cost being \$11.50 including a light lunch which consists of six point assorted sandwiches, a cake and tea or coffee.

PUZZLE CORNER

My life can be measured
in hours,
I serve by being
devoured.
Thin, I am quick
Fat, I am slow
Wind is my foe.
What am I?

Answers page 4

Alex bought a bag of apples on Saturday, and he ate a third of them. On Sunday he ate half of the remaining apples. He ate one more on Monday and one more on Tuesday, then ate half of the remaining apples on Wednesday. On Thursday he looked in the bag and saw that there was just one apple left. How many apples did the bag have to begin with ?



Thought for the month

Have you ever noticed that some medicine bottle caps are on so tight that if you're strong enough to get them off, you probably didn't need them in the first place

Born before 1950? Read on ;- We were born before tv sets, penicillin, polio shots and frozen food. There was no Xerox, contact lenses or the pill. We were born before lasers, ball point pens credit cards, pantihose, dishwashers, clothes driers, electric blankets, air conditioners and microwaves.

We were pre de-facto, gay rights and computer dating. There were no day care centres, group therapy, nursing homes and councillors.

We had no FM radios, CD players, computers and mobile phones.

No chemotherapy, bypass surgery or heart transplants. There was no yoghurt, blokes wearing earrings or nose studs.

A chip was to eat; hardware meant hammer and nails and software didn't even exist.

Pizzas, McDonalds, instant coffee and tea bags meant nothing.

Chicken was a luxury eaten at christmas, after Dad cut the head off one of the chooks and Mum had spent hours plucking it. A battery was just something to put in a torch or start your car.

We got married first and lived together afterwards. Today that is the wrong way round.

answers:-

What am I ? - A candle

How many apples? - 12

MAROONDAH-RINGWOOD BRANCH

Correspondence to:- Stephanie Mitchinson - Secretary

National Seniors Association/Maroondah-Ringwood Branch PO Box 1181 Croydon Vic 3136

Our Committee

General Committee

President

Peter Feeney.....9879 0622

Gino Barba.....9876 3619

Vice-President

Helen Fox.....9879 4058

Judith Griffith.....9726 5494

Tricia Kristensen.....9723 9389

Thelma Licheri.....9727 4127

Secretary

Stephanie Mitchinson...9725 2181

Lyn Paten.....9729 8717

Sandra Price.....9720 9797

Rita Thomas.....9876 1206

Treasurer

Eileen McGregor.....9876 3941

**Contributions to the Newsletter should be made to Tricia Kristensen
Either at the meeting or by emailing to :-
tricialk@virginbroadband.com.au**

Policy Officer

Eileen McGregor9876 3941

WEB www.seniorsmaroondah.com