

July 2010

Volume 7 Issue 7



July meeting - Keith Wehl from Alzheimers Australia joined us speaking on 'Dealing with Alzheimers'. He had named his talk 'Where did I put my car keys?'. He was a very informative speaker; giving some typical examples of the differences between age forgetfulness and true dementia. Most of us will probably have breathed a sigh of relief on realising that we fell into the former category. Although unable to answer medical questions, he gave us a good insight into the disease, including possible caring strategies. Altogether an informative and worthwhile speaker.



August speaker - Senior constable Audrey Jones will be joining us talking on issues particularly relating to seniors.

Trading Table

Don't forget to support the trading table.



Contributions of desirable bric-a-brac will be much appreciated.

Have a browse before you leave. Monies collected from this will form part of a donation to the National Seniors Foundation plus the Instep programme

Our AGM is coming up in September.

Want more involvement in the Branch? Being part of the committee can be fun and give great self satisfaction. Perhaps you should nominate for a committee position. Fill in a nomination form at the August meeting. [Or attached to this newsletter] As our committee is predominately female; Male nominations would be particularly valuable. Our committee consists of four executive positions :- President, Vice President, Secretary and Treasurer plus a maximum of eight general positions. The new committee will be instated at the AGM. An election will be held if there are more nominations than committee positions.

DATES TO REMEMBER

- Saturday July 31st at 10.30am - Breakfast at George's Croydon
- Monday August 2nd at 2.00pm - Club meeting at the RSL
- Thursday August 5th at 9.30am - Walk at Croydon
- Tuesday August 10th at 12.30pm - Lunch at Coffee off Course
- Thursday August 19th at 9.30am - Beasley's walk
- Thursday August 26th at 2.00pm - Coffee at Myer

August Eats

Tuesday August 10th at 12.30pm
 Lunch at 'Coffee off course'
 Ringwood Golf Club, 352 Canterbury Rd.
 Ringwood
 Bookings - Rita on 9876 1206 or at the
 August meeting



Our coffee group will meet at Myer's Cafe at 2.00p.m.



On Thursday August 26th
 If you are in the vicinity , just pop in for a chat and enjoy the company, coffee [and maybe cake].
 No need to book

If anyone knows of a member who is unwell;please let our welfare officer know [Helen - 98794058 or inform one of the committee so that we can pass on our best wishes



MARS VERSUS VENUS

Eating Out

When the bill arrives, Mike, Dave and John will each throw in \$20, even though it's only for \$32.50. None of them will have anything smaller and none will actually admit they want change back.

When the girls get their bill, out come the pocket calculators.

MONEY

A man will pay \$2 for a \$1 item he needs.

A woman will pay \$1 for a \$2 item that she doesn't need but is on sale.

LUNCH AT THE MOVIES

Meet in the Foyer at 10am. Cost is \$12.50 for a basket lunch and the movie. No need to book. Just come along.

Due to early publication of the Newsletter, the movie selection for August will be announced at the August meeting

Walking Group

Our walking group meets on the first and third Thursday of the month at 9.30am ; with an extra walk when there are five Thursdays in the month.

A shorter version of the walks is being included for those who would like to join in, but wish to walk a shorter distance

Our first walk this month on Thursday August 5th is along Taralla Creek Track at Croydon.

Park at the Pre- school carpark, which is situated in Eastfield rd., just a short way down from Bayswater rd. We walk along the trail through to Croydon Main st. where we visit one of the many coffee shops for our morning break, before returning along the trail to our cars.

Short Version :- This is a flat easy walk, but if you wish a shorter walk, park at the end of Lusher rd. and join the walk as it comes past [approx 5-10 minutes after commencing]

Our second walk on Thursday August 19th is the very popular 'Beasley's' walk, along the walking track from Reynolds Rd. through to Warrandyte, partaking of morning tea at Beasley's nursery, before heading back along the track.

This is a flat, pleasant, medium length walk.

Meet at the carpark behind the Hockey centre at the corner of Reynolds Rd and Springvale Rd. Melways Ref. 34 G7

In 2010 the committee have resolved that the emphasis will be on gentle exercise, enjoyment and social interaction and we will be walking at a reduced pace.

For more information or to book in for a walk contact Judith on 97265494

Inclement weather : - If there is heavy constant rain or the temperature is over 25° at



Any Swingers amongst us?

On August 28th between 2 and 5 pm at the Boxhill Townhall there will be a Swinging Saturday.

Wear out your dancing shoes to the Swinging Big Band music of Count Basie, Glen Miller, Benny Goodman and Tommy Dorsey provided by the 35 piece Mordialloc Jazz Orchestra MOJO.

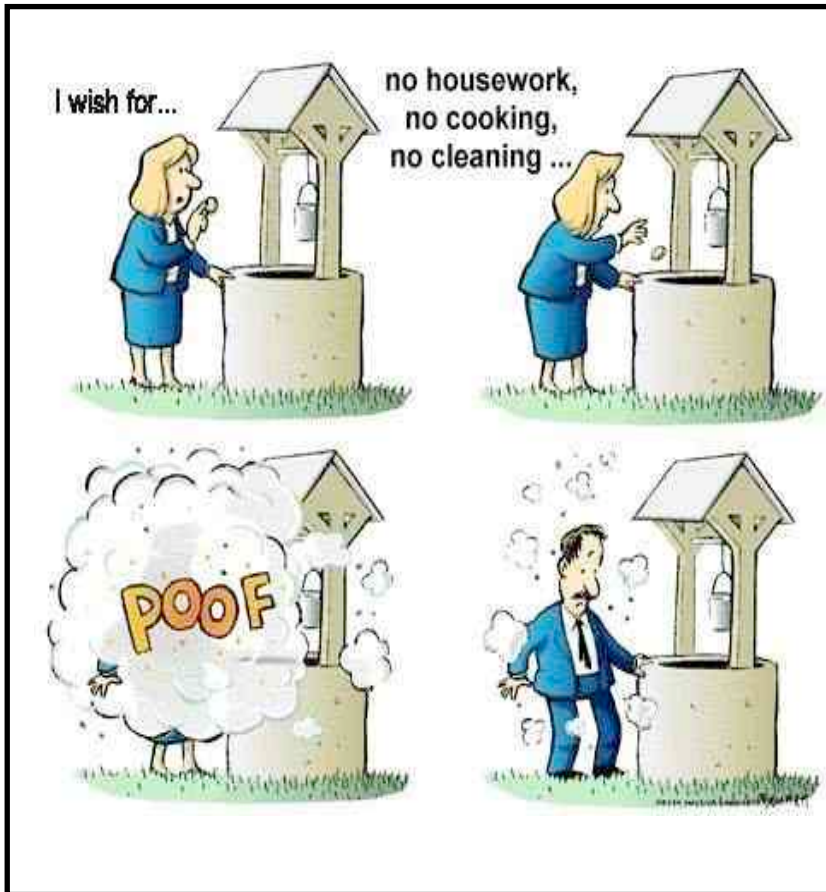
And the icing on the musical cake will be Anmari of Raw Slyke who has the voice of a fallen angel.

As one fan said, once heard never forgotten.

This will be a musical afternoon that will stay with you for a long time.

Bookings Box Office 9262 6555 or

www.whitehorsecentre.com.au



Oops! - Seen on a church notice board:-

- *Sermon this Sunday -Jesus walks on water.
- Sermon next Sunday - Searching for Jesus.
- * Next Thursday there will be auditions for the choir.They need all the help that they can get.
- *At the service this evening, the sermon topic will be 'What is Hell.' Come early and listen to our choir practice.
- *A bean supper will be held on Tuesday evening in the church hall. Music will follow.....
- * Ladies, don't forget the jumble sale. It's a chance to get rid of those things not worth keeping around the house. Remember to bring your husbands.
- * The ladies of the church have cast off clothing of every kind. They may be seen on Friday afternoon.

Goodbye tension! Hello pension.

www.pmcaregivers.com/Humor.htm

MAROONDAH-RINGWOOD BRANCH

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Our Committee	General Committee
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Peter Feeny.....9879 0622 email;- peter@innsys.com.au	Gino Barba.....9876 3619
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Helen Fox.....9879 4058	Tricia Kristensen.....9723 9389
Secretary	Thelma Licheri.....9876 3770
Stephanie Mitchinson...9725 2181	Lyn Paten.....9729 8717
Treasurer	Sandra Price.....9720 9797
Eileen McGregor.....9876 3941	Rita Thomas.....9876 1206
Policy Officer	Kevin Sedawie.....9727 3352
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